

10-minute yoga

Gentle yoga for busy lives



Finding our spine (track 4)

Starting lying down



With hands on knee-caps circling knees, then change direction

Left hand to outside of right knee, right arm out on floor, palm face up



Draw knee across body twisting to left, leaving right shoulder on floor, turning head to right

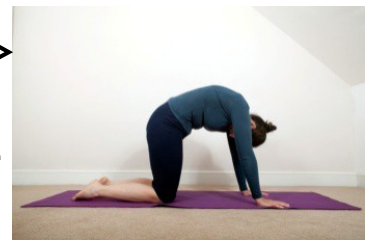
Repeat twist on other side



Cat stretch: starting from hands and knees



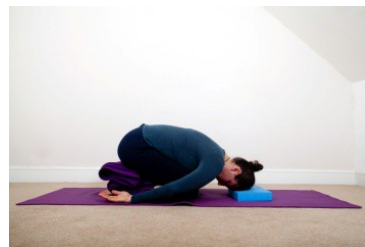
Breathe out: point tailbone up, heart forwards and up



Breathe in: tuck tailbone under, arch spine and drop head and neck



Child pose, head to floor



Child pose with support under head and seat

Pictures illustrate key elements of this session. For the full practice, please listen to **10-minute yoga** CD or download.