

10-minute yoga

Gentle yoga for busy lives



Standing with strength (track 5)



Starting from hands and knees



Lunge, feet rooting down, heart and arms lifting up



Lowering hands



Press into back heel to lift knee, hovering hands off floor



Step through to standing, feet hip-width apart



Breathe in: zig-zag into utkatasana



Breathe out: strengthen feet to stand

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