

# 10-minute yoga

Gentle yoga for busy lives



**Namaste arms** (track 7) can be done standing or sitting

**First sequence,  
arms opening out,  
repeat x 5**



Breathe out



Take a breath in



Breathe out



Breathe in

**Second  
sequence,  
arms  
floating up,  
repeat x 5**



Breathe out



Breathe in



Breathe out



Breathe in

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

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## Namaste arms (track 7 – continued)

Third sequence,  
side bends,  
repeat x 5

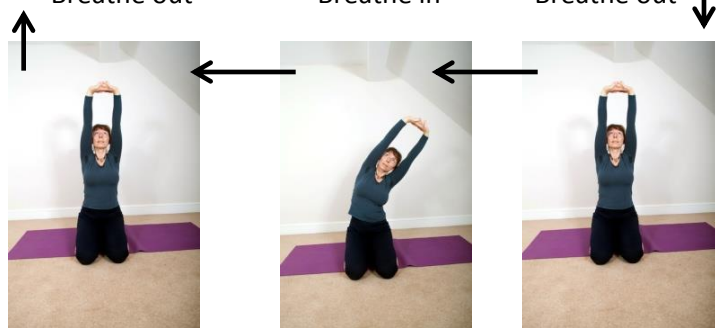


Breathe out

Breathe in

Breathe out

Fourth  
sequence,  
twists,  
repeat x 5



Breathe in

Breathe out

Breathe in



Breathe out

Breathe in

Breathe out



Breathe in

Breathe out

Breathe in

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