

10-minute yoga

Gentle yoga for busy lives



Sitting with the breath (track 8)

It is important to be able to sit comfortably, perhaps on a chair. If sitting on the floor, have hips higher than knees and use support so the weight of legs has something to rest on, rather than pulling on the back. Try one of these positions:



Cross-legged



Cross-legged, with support under pelvis



Cross-legged, support under pelvis, rear view



Cross-legged, with support under pelvis and knees



Kneeling



Kneeling, support under pelvis

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