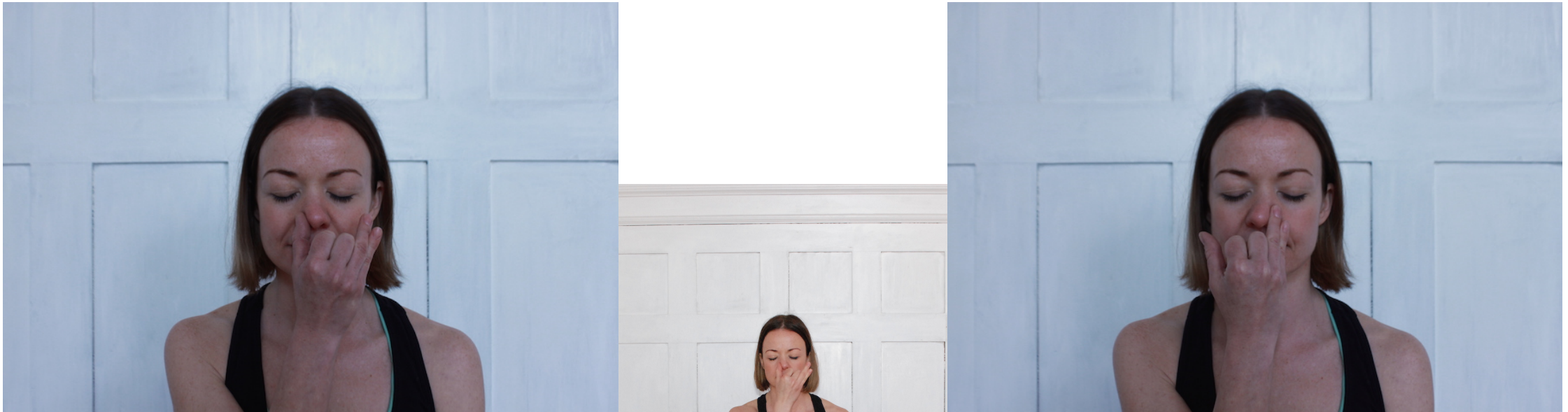


**Breathe | Stretch | Restore**

**Alternate Nostril Breathing  
Nadi Shodhana**

No. 1 breathing exercise to help revive and restore. It works like magic, easing anxiety by harmonising the two hemispheres of the brain.

Close one nostril with your thumb and inhale. Exhale through the other nostril. Repeat – long deep breaths, in and out



## Seated neck release

Drop ear towards shoulder

Repeat on the left and right

Breathe – 5 breaths, hand on the opposite ear, reach away with the finger tips



RACHEL  
MCDERMOTT



## Eagle arms shoulder release

Wrap one arm on top of each other and bring palms together, facing in

Exhaling, drawing the elbows down – breathe

Swap over the arms

Breathe 5 breaths



## Seated side stretch



Legs in easy seated position  
Bring arm up and over, bending over to the side

Breathing for 5 breaths





## Cat Cow



Repeat 5 times – moving with the breath  
Exhaling rounding, dropping chin, belly button to spine  
Inhaling gaze upwards, arching back



## Leg arm extension

Elbow to knee  
Repeating each side



Inhale reach



Exhale curling in – knee to nose

Repeat each side 4 times (or as many as you wish, making sure you do the same each side)



## Extended child's pose Balasana

Sit back on the heels, knees wide, arms reaching forward



## Warrior A Virabhadrasana II



Arms out to a T  
Fingers and arms energised  
Exhale bending into the knee (making sure knee is over the ankle)  
Draw pelvic floor up and belly in  
Breathe for 3-5 breaths





**Triangle pose**  
**Trikonasana**



Connect with the breath

Exhale – right arm down, left arm up, gaze up – breathe – 3-5 breaths

Inhale - come up – repeat the other side



**Extended side angle**  
**Utthita parsvakonasana**



Elbow to knee, arm reaches up and over on the diagonal  
Breathing here for 3-5 breaths  
Knee over ankle



## Low lunge



Place left knee down  
Inhale – arms up – gaze thumbs  
Exhale – bend into the right knee – breathe – 3-5 breaths  
Repeat other side



## Modified revolving triangle Parivrtta Trikonasana



Keeping left knee down, place left hand on the inside of the right foot  
Inhale – raise right arm up and breathe – 3-5 breaths  
Repeat other side – or continue to the end and swap sides





**Childs pose**  
**Balāsana**



Let it go, exhale sitting back onto the heels, knees wide  
Bring forehead to the mat  
Arms forward. Breathing here – 3 -5 breaths



## Spine twists Marichyasana III



Bend right knee, sole of foot to the floor. Left leg straight, foot flexed.

Inhale hook left elbow over right knee

Exhale twist torso round to the right, gaze over the right shoulder

Breathe for 3 – 5 breaths – deepening the twist with each exhale

Repeat on the opposite side



Boat pose  
Navsana



Making sure you're sat on sit bones not the lower back (sacrum)

Place hands around the thighs

Inhale – engage the core and lift the legs, lift chest

Breathing here – 3-5 breaths

**ENGAGE** the core and pelvic floor, giving you lift

Repeat 2-3 times



## Butterfly Baddha Konasana



Bring soles of feet together, opening feet like a book  
Exhaling, drop head and chin to chest, rounding spine  
Breathe – 3-5 breaths





## Corpse Pose Savasana



Lay down – palms facing up, feet relaxed slightly turned out

Keep neck long

Breathe here and relax

Feel the benefits of the practice being absorbed throughout the body



Legs Up the Wall  
Viparita Karani



Alternate option to savasana  
Bring glutes as close to the wall as possible and raise the legs up the wall  
Relaxing here and breathe



You are more capable than you think you are.

Breathe

It's Yoga

