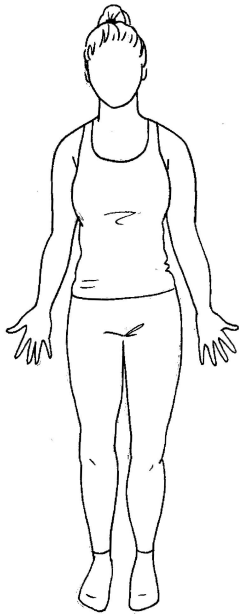
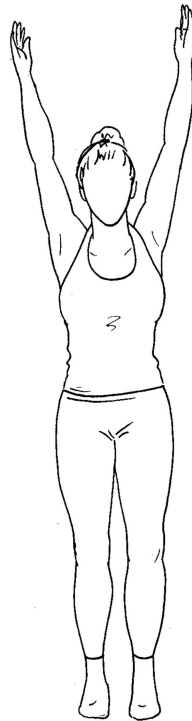


Mindful Movement with Gentle Yoga

1—Mountain Pose



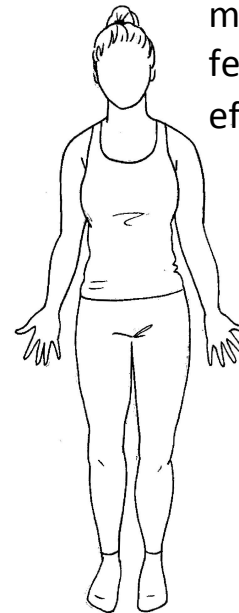
2—Full Body Extension



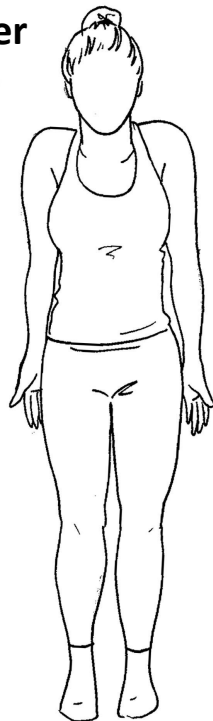
inhale arms up,
exhale down,
repeat & hold

3—Mountain

Return to
mountain,
feel the
effects

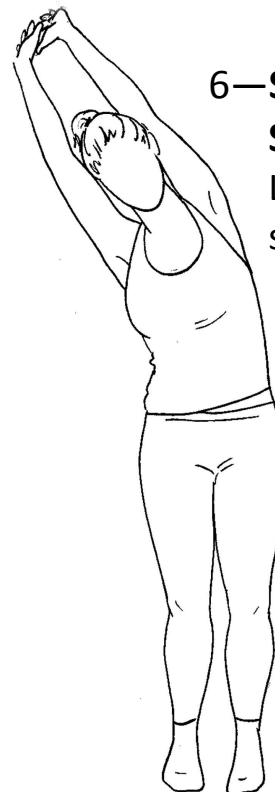


4—Shoulder Rolls

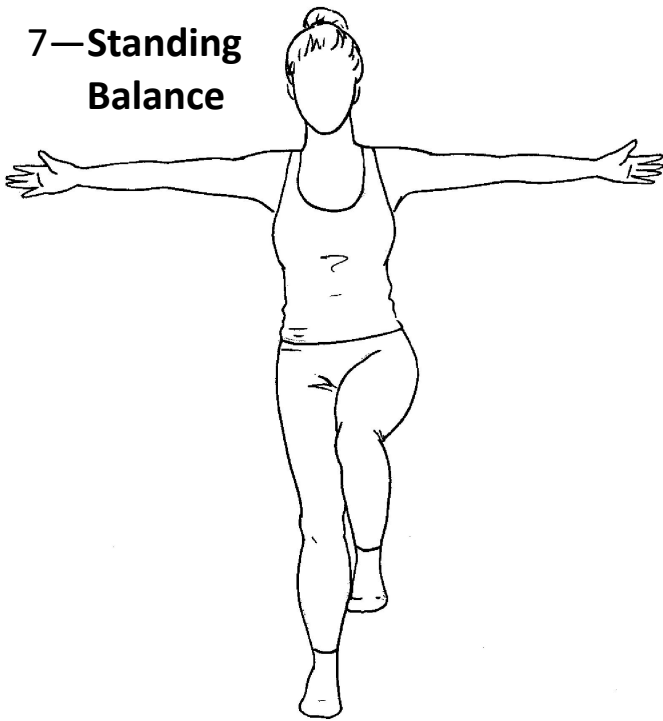


6—Standing Side Stretch

Lengthening both
sides of the torso



7—Standing Balance

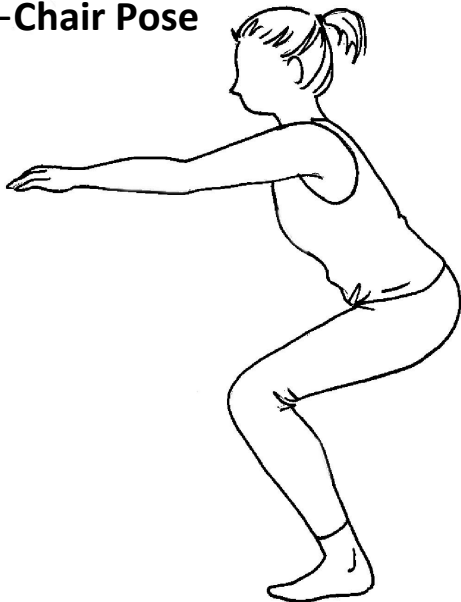


8—Forward Fold

bend knees, chest to thighs for back safety

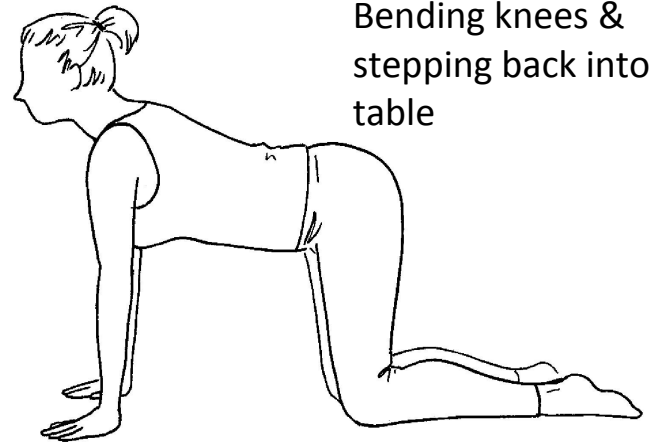


9—Chair Pose



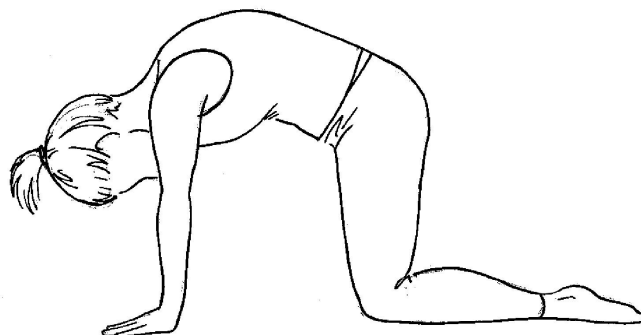
10—Forward Fold down to Table

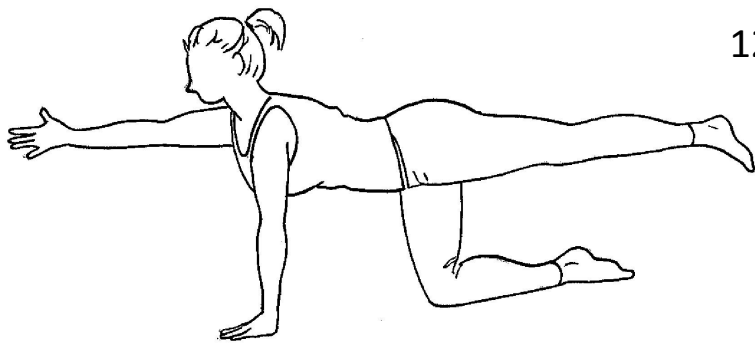
Bending knees & stepping back into table



11—Cat / Cow

Tuning in to the spir



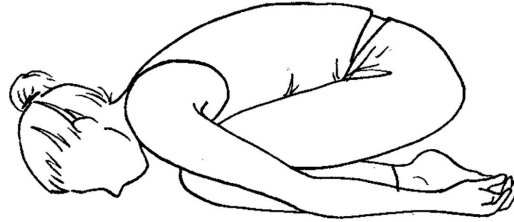


12—Alternate Arm & Leg Lift

Reach in opposite directions & hold

13—Child's Pose

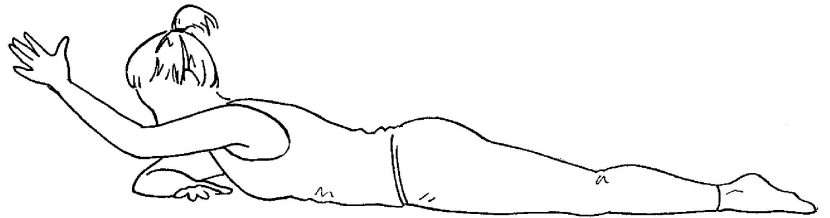
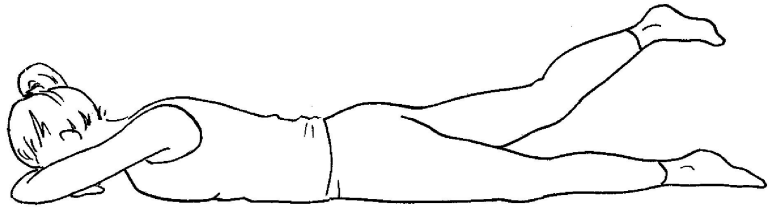
Adding a pillow if needed for head & torso to come to rest



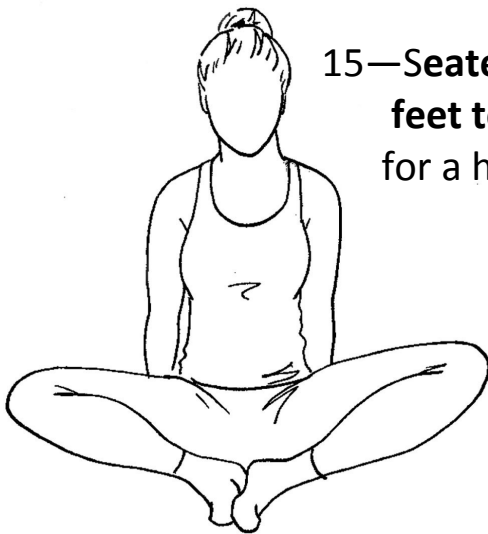
14—On the belly:

Leg & Arm Lifts

Lift & lower alternate arms; alternate legs; both together.

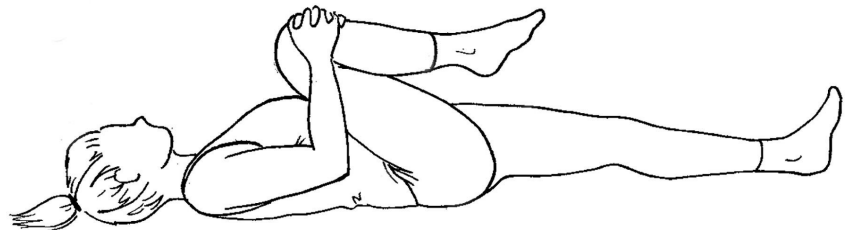


**15—Seated:
feet together
for a hip opener**

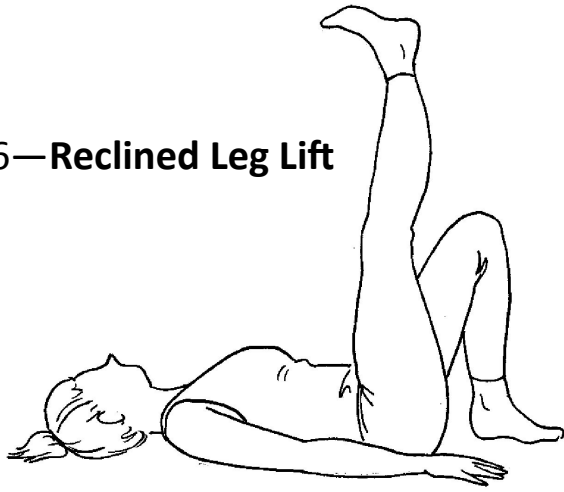


16—On the back: knee to chest

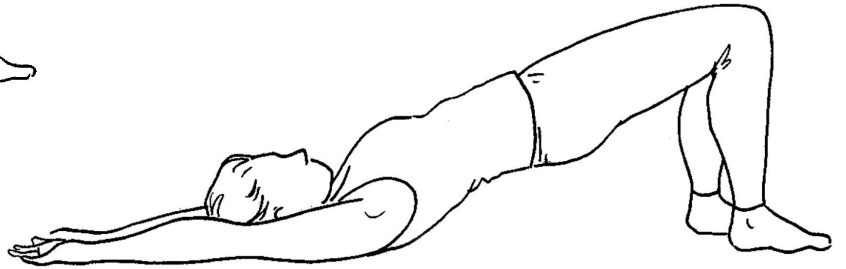
With option to curl up towards the knee.



16—Reclined Leg Lift

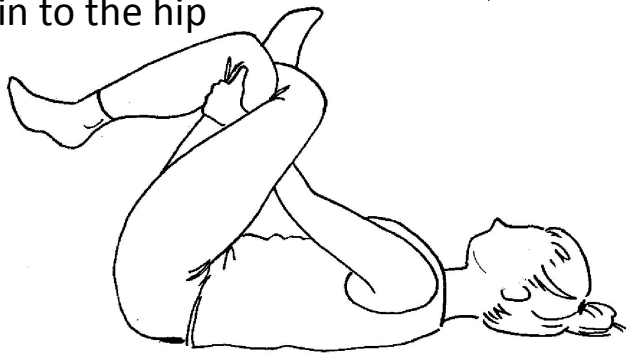


17—Pelvic Tilt into Bridge



18—Eye of the Needle

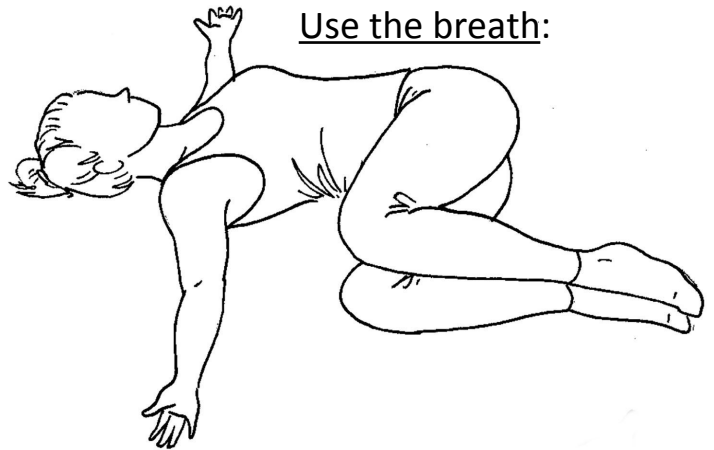
Tune in to the hip joint



19—Reclined Twist

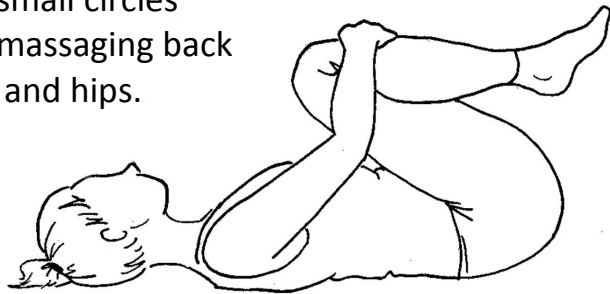
Move slowly and carefully into twists.

Use the breath:



20—Both Knees to Chest

Moving knees around in small circles massaging back and hips.



22—Final Rest

As body scan, feeling the breath fully in the body. Relaxing the face. Sinking deeply into the mat. Give it several minutes.

