

Exercises on the Mat

Lying Down:

- 1.) **Constructive Rest:** Begin by lying down on the mat, arms and legs stretched out. Close your eyes and breathe in and out through your nose until you feel quiet and centred.
- 2.) **Lower Back Stretch:** Hug both knees into your chest; rock gently from side to side
- 3.) **Upper Body Stretch:** With knees bent and feet on the mat, stretch both arms up to the ceiling and lower them down behind your head. Feel the upper half of the body lengthen.
- 4.) **Full Body Stretch:** Stretch one leg out on the mat and reach into your heel. Raise both arms to the ceiling and lower them down behind your head. Switch legs and repeat.
- 5.) **Lower Back Stretch:** Hug both knees into your chest; move the knees around together in small circles; reverse direction
- 6.) **Gentle Twist:** With feet on the mat and knees together, slowly lower both knees to the right; keep the arms out wide on the floor at shoulder level. Bring knees back to centre, and repeat on the left side.

All Fours:

- 7.) **Body Movement:** Come to hands and knees on the mat and circle your body to the left, starting small and gradually making the circles bigger; repeat, circling to the right
- 8.) **Spine Stretch:** On all fours, tilt the hips up towards the ceiling, lift your chest and look upwards; then, round your back and look towards your belly button. Repeat a few times.

Sitting:

- 9.) **Side Bends:** sit cross-legged (if possible, or extend legs out in front of you). Rest your palms on the mat on either side of you. Reach your right arm up to the ceiling, then over to your left as you bend left from the waist. Repeat on the other side.
- 10) **Hip Stretch:** sit cross-legged and rest your palms on the mat in front of you. Slide forward any amount and take a few breaths in this position. Cross the legs the other way, and slide your hands forward again.
- 11) **Neck Stretch:** sit tall and gently pull the belly button towards your spine. Tilt your head to the right, with the right ear moving towards the right shoulder; hold and breathe. Repeat to the left side.
- 12) **Wrist Movement:** make loose fists with both hands and gently rotate from the wrists in both directions
- 13) **Energizing Breath:** as you inhale, reach both arms overhead; as you exhale, reach arms out wide and lower to the mat; repeat a few times and notice how you feel!