

# Yoga Every Day

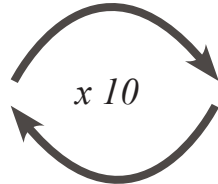
**Y**oga can help you feel better, reducing pain and stiffness and helping you sleep. It can also make you feel calmer and happier, and put you in touch with your true self.

Many people practise first thing in the morning because yoga can help you have the best possible day. Things may still occur that you'd rather not have happen, but you'll be in a better place to respond with your own wisdom and creativity. Try this routine every day for a week, and let us know how you get on.

1. Cow

*breathe out*

Cat



2. Down Dog

Five breaths



3. Warrior 2

Five breaths each side



4. Triangle

Five breaths each side



5. Forward Fold

Five slow breaths. Bend your knees if it's more comfortable.



6. Tree

Five breaths each side



7. Seated Twist

Five breaths each side



8. Boat

Build up to five breaths



# Yoga Every Day (cont)

## 9. Bridge



Lie on your back with your feet close to your bum then push your hips up. Stay for three breaths, then carefully lower yourself down. Repeat another two times.

## 10. Rest



Lie like this for a few minutes, letting your body settle after all the good work it has done.

## 11. Sitting



Sit upright, either on a pillow or on a chair or the edge of your bed. Focus on the smoothness and feel of your natural breath, and count each breath. Count to ten breaths, on the out-breath, and then start again. Don't worry if you lose count. Just start again at one. Do this for five minutes, gently bringing your attention back to your breath if it wanders off. Over time you may wish to build up to 25 minutes

