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
down to Table
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 spine
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.