

# Extended Child's Pose



'Utthita Balāsana'



Help slow the mind and create a feeling of comfort and self-soothing.

Kneel on the floor with your toes together and your knees hip-width apart.

On an exhale, lower your torso between your knees.

Extend your arms alongside your torso with your palms facing down.

Relax your shoulders towards the ground.

Try this pose if you're feeling anxious, stressed, or just want to give yourself some self love.

# Mountain Pose



'Tadasana'



Improve balance and posture and attain a focus that is calm and composed

From a standing position, bring the feet hip width apart, parallel. Feel your weight evenly balanced through the bottom of each foot.

Pull up the knee caps, squeeze the thighs and tuck the tailbone slightly under. The legs are straight, but the knees are not locked back.

Inhale and lift out of the waist, pressing the crown of the head up towards the ceiling, feeling the spine long and straight.

Exhale and drop the shoulders down and back as you reach the fingertips towards the floor.

Relax the shoulders down from the ears while still reaching the crown and fingers up.

Breathe and hold for 4-8 breaths.

# Happy Baby



'Ananda Balasana'



Reduces lower back pain and realigns the spine whilst reducing stress and anxiety

Start by lying on your back.

Exhale and bend your knees into your chest.

On an inhale, hold onto the outside of your feet and spread your knees apart, bringing them up towards your armpits.

Flex your heels and push your feet into your hands. Ensure your ankles are directly over your knees, keeping shins perpendicular to the floor.

This pose can be a good way to realign the spine after spending a day at your desk

# Forward Fold



'Uttanasana'



Soothes the nervous system and encourages  
introspection

Stand tall, with hands on your hips.

Exhale as you bend forward at the hips, lengthening the front of your torso.

Let the crown of your head hang down. Press your heels into the floor as you lift your sit bones toward the ceiling. Turn the tops of your thighs slightly inward.

You can either bend your elbows and hold on to each elbow with the opposite hand, or place your palms or fingertips on the floor beside your feet.

Make sure to keep your knees straight.

# Lizard Pose



'Utthan Pristhasana'



Helps to improve hip flexibility, strengthen leg muscles and feel energised.

Start in a downward-facing dog.

As you exhale, step your right foot to the outside of your right hand, so your right knee is bent at 90 degrees.

Inhale and bring your forearms down to rest them on the floor. Keep your head a neutral and relaxed position.

Exhale and push into your left heel to activate your left leg and keep your hips level.

Stay for 5 deep breaths.

To release from the pose, exhale and straighten your arms, so your wrists are under your shoulders. Inhale and step back into down dog.

Repeat on the other leg to stretch and strengthen both sides equally.

# Downward Dog



'Adho Mukha  
Shvanasana'



Opens up the shoulders and chest, creating  
a deep stretch and calming the mind

Start on all fours with your hands shoulder-width apart and your knees hip-width apart.

Inhale and press your hands into the floor, stretch out your fingers and tuck your toes under.

Exhale and lift your knees up from the floor and straighten out your legs.

Lengthen through your whole spine, lift your hips up towards the ceiling and draw your shoulders back so that your body forms a upside-down V.

Take 5 calming breaths and as you hold reach each heel in turn towards the floor, bending the legs slightly if you need.

On your final exhale, bend your knees down and return to all fours.