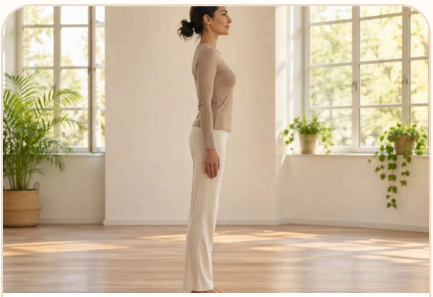
Six gentle poses, five minutes

Hold each pose for about five slow breaths, move gently between them and rest whenever you need to.



POSE 1 · 5 BREATHS

Mountain pose

Stand tall, feet hip-width apart, arms relaxed. Feel your feet on the floor.

Care: Keep your knees soft.



POSE 2 · 5 BREATHS

Seated side stretch

Sit cross-legged. Reach one arm up and over, then switch sides.

Care: Stretch only as far as is comfortable.



POSE 3 · 5 BREATHS

Cat–cow

On hands and knees, arch the back as you breathe in, round it as you breathe out.

Care: Pad your knees with a blanket.

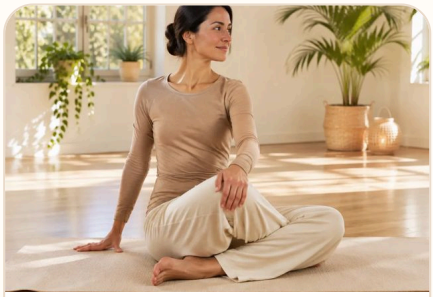


POSE 4 · 5 BREATHS

Child's pose

Sit back towards your heels, forehead down, arms forward.

Care: Widen the knees or rest on a cushion.



POSE 5 · 5 BREATHS

Seated twist

Sit tall and turn gently to one side, then the other.

Care: Lengthen as you breathe in; never force.



POSE 6 · 5 BREATHS

Rest

Lie on your back, arms relaxed. Let your breath be natural for a minute or two.

Care: Bend your knees if your back prefers.

Practise kindly. Never push into pain. If you are new to yoga, pregnant, or have an injury or health condition, check with a health professional and learn with a qualified teacher.

General wellbeing information, not medical advice. Practise within your comfort.