

Reminders:

- Move slowly and mindfully with the breath
- Maximum of 4-6 repetitions is enough
- Unlock your knees when doing standing movements
- Try not to keep your core switched on all the time
- Consider low interval, high intensity exercise - 8-10 minutes per day. It can be anything that gets your heart up - eg jogging, dancing to favourite music

1. Circle of Joy



Breathe in



Breathe out
Interlace and push
palms away



Breathe in and lift
arms overhead



Breathe out and
Release arms by side



Breathe in and
open chest



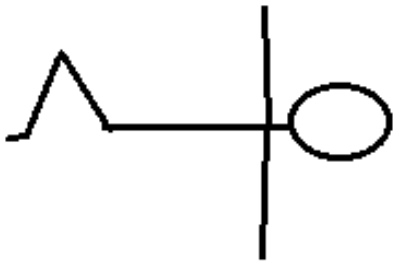
Breathe out and
bring hands back to heart

2. Side Stretches



Knees off Lock
Start with sliding palms up the side
Feel the ribs opening

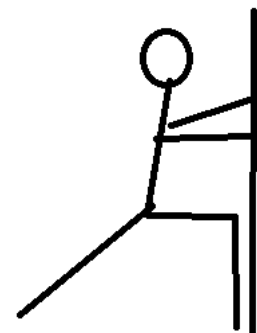
3. Wash Rag



Feet mat distance apart palms down
Head turns opposite way to knees
Look towards upturn palm

4. Pelvic Tilting

- Lie on back with knees bent - feet hip distance apart, palms down
- Inhale and roll onto the tailbone - making the arch in the back bigger
- Exhale and roll the back into the floor drawing up on the pelvic floor
- If you want to make it stronger, lift head and shoulders and reach for the heels



Start dynamically 5-6 times
Hold and take some deep breaths
Keep neck and shoulders relaxed

6. Squats



Feet hip distance apart and parallel
Relax neck and shoulders
Inhale and exhale as you lower
Keep knees in place - ie an imaginary block
Push outward into heels as you squat
Start dynamically
Hold and take some deep breaths