

WEEK 1

ALL IN A CHAIR



1



Neck Stretches

2



Shoulder Release
shrugs

3



Twist Spine

4



Forward Bend Spine

5



Backward Bend
Spine

6



Noticing Breath

DE-STRESS



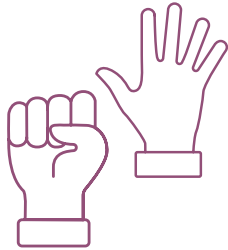
WEEK 2

1



Belly Breathing

2



Tension Release
squeeze fists & release

3



Tension Release
squeeze face & release

4



Tension Release
squeeze toes & release

5



Squeeze Legs into
Stomach

CLEARING THE MIND



HIPPOCAMPUS



Erasmus+

WEEK 3

1



Brahmari Breath

2



Twist in the chair

3



Forward bend
in the chair

WEEK 4

BUILDING FOCUS



Square Breathing
*using finger taking the
sides of a book*

2



Balancing on one leg
tree

WEEK 5

CHECKING IN



1



Labelling Thoughts and Feelings
*checking in with emotions and sensations
in the body*

WEEK 6

RELEASE



1



Release
Shoulder tension

2



Release
Neck tension

3



Release
Upper Back

4



Digestion
through legs squeezed
in tummy

5



Lions Breath

6



Side bend in chair

WEEK 7

COMPASSION



1



Body scan

2



Metta meditation

May I be well and joyful

May I be healthy and at ease

*May I meet challenges with
determination and courage*

WEEK 8

JOY



1



Grounding
through feet

2



Breath of Joy

3



Jumping

4



Clapping