



Neck Stretches



Shoulder Release
shrugs



Twist Spine



Forward Bend Spine



Backward Bend
Spine



Noticing Breath



Belly Breathing



Tension Release
squeeze fists & release



Tension Release
squeeze face & release



Tension Release
squeeze toes & release



Squeeze Legs into
Stomach



Brahmari Breath



Twist in the chair



Forward bend
in the chair



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

2



Balancing on one leg
tree

1



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



Release
Shoulder tension



Release
Neck tension



Release
Upper Back



Lions Breath



Side bend in chair



Body scan



Metta meditation

May I be well and joyful

May I be healthy and at ease

*May I meet challenges with
determination and courage*



Grounding
through feet



Breath of Joy



Jumping



Clapping