

MOVEMENT SEQUENCE (5 MINS)

Stand with your feet hip width apart, spread your toes and ground through your feet.



Reach your arms up over your head and interlace your fingers, turning your palms towards the ceiling and take a big stretch.



Breathe in, clasp your right hand around your left wrist and reach up, as you breathe out, side bend to the right and stretch through your left flank. Repeat this a couple of times with your breath and then come back to centre.



Switch your hands so that you have your right wrist in your left hand now and breathe in to lift up, breathe out to side bend to the left. Repeat the same amount of times as you did on the right then breathe in to come back to centre, releasing your arms down by your sides.



Shrug your shoulders up to your ears and roll them back and down three times.



Reach your arms up over your head, then twist to the right taking your right hand back and your left hand forward. Stay here and breathe into the twist in your upper back. Relax your arms down then repeat on the other side.



Bring the weight into your left foot and lift your right knee in towards your chest. Hug it towards you whilst trying to maintain a long spine. Stay here for a few breaths then release the foot back down to the floor and switch legs.



Spread your feet hip width or shoulder width apart and bring your hands to your lower back as if you were putting them into your back pockets. Squeeze your bum and lift your chest to create a tiny backbend. Keep your legs strong and see if you can go a little deeper - think up rather than back. Try to keep your breath flowing. Breathe in to come up and release.



Take a generous bend in your knees and fold forward keeping your tummy connected to your upper thighs. Take hold of your opposite elbows and allow your body to hang and your head to completely relax. Send the weight of your body towards the balls of your feet for a deeper stretch in the legs. Breathe deep. Stay here for a few deep breaths and notice your energy slowing down. Take your time to roll up through each part of your spine and come back to standing.



Close your eyes, take a deep breath in and sigh out the exhale. Bring one hand on to your belly and one hand on to your heart and take a moment to notice how you feel now.