

Stretch up



To make this movement easier, keep your arms bent.

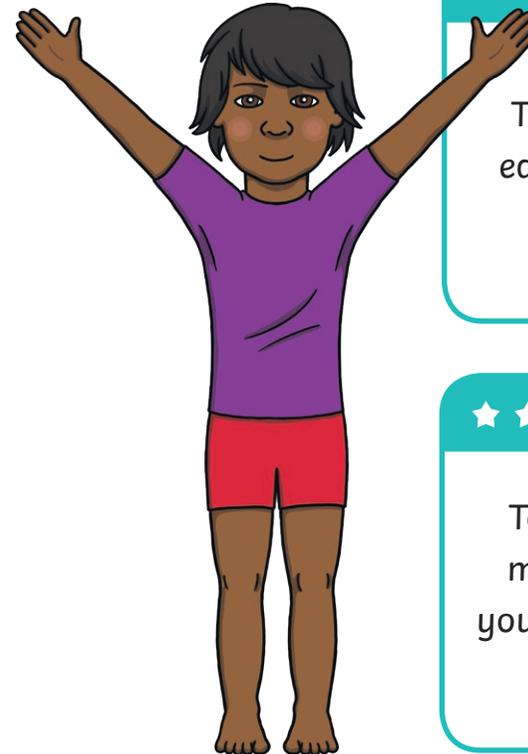


To make this movement more challenging, stretch into your fingers, come onto your toes and, if it feels comfortable, gently look up.

Further Variations

- Sway gently from side to side.
- Stretch up through your right side.
Now, stretch up through your left side.

Hands Wide



To make this movement easier, lower your hands.

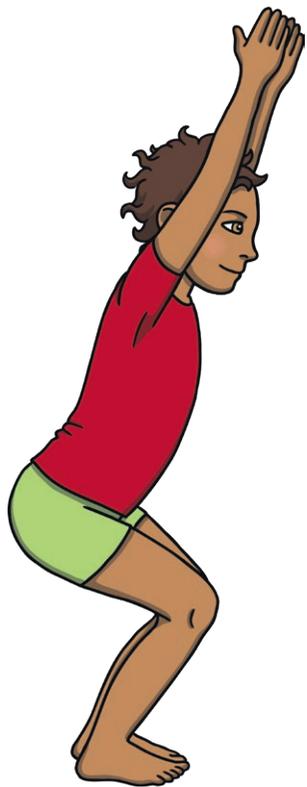


To make this movement more challenging, make your palms face each other.

Further Variations

- Breathe out and sink your hands down a little.
- Breathe in and raise your hands a little.

Chair Pose



To make this pose easier, place your hands on your thighs and bend your legs less.



To make this pose more challenging, bend your knees more and draw your tummy back towards your spine.

Further Variations

- Take your palms together at chest-height.
- Take your hands out at shoulder-height.

Stand Tall



To make the standing tall movement easier, keep your feet steady.

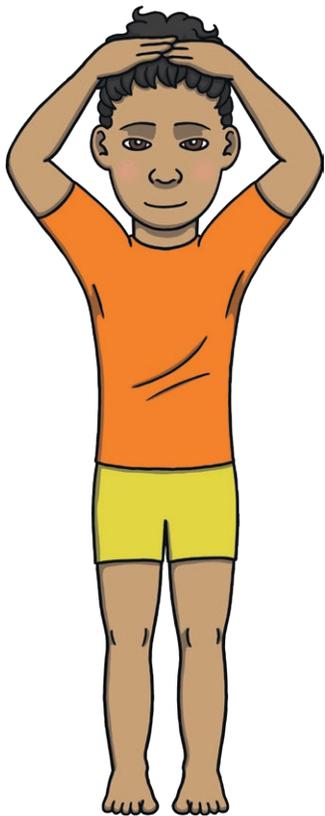


To make this movement more challenging, lift your tummy and sink your shoulders down.

Further Variations

- Let your weight slide into the balls of your feet and back into your heels.

Hands on Your Head



To make this movement easier, put your hands on your heart.



To make this movement more challenging, spread your elbows wide and sink your shoulders down.

Further Variations

- Try bending both knees as you take your elbows out.
- Draw your elbows towards and away from each other as you follow your breathing. Breathe in one way and out the other way.

Tickle Your Toes (Forward Bend)



To make this movement easier, tickle your knees.



To make the tickle toes movement more challenging, tickle the floor or keep your back long.

Further Variations

- Draw a semicircle around your feet with your fingers. See if it feels comfortable to make the semicircles a bit bigger.
- Gently take hold of your big toes.