

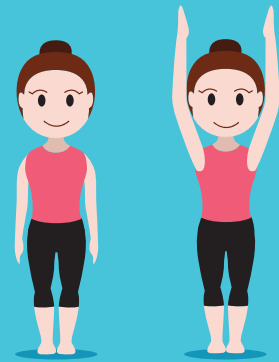
- Wellbeing in Mind
- Communication in Mind
- Skills in Mind
- Mood in Mind
- Activities in Mind

# Stretches

Remember to keep your breathing steady throughout these poses – don't hold your breath! Allow inhalation and exhalation to happen naturally and rhythmically throughout the stretches.

## Mountain pose

- Stand up straight with your arms by your sides
- Place your feet slightly apart in line with your shoulders
- Bend knees very slightly to avoid them locking
- Focus your attention on your feet. Feel the pressure of the ground in both feet
- Divide your weight evenly between your two feet
- Relax your back, shoulders and arms
- Keep your head straight by imagining a cord fastened to the top of your head, which is gently pulled upwards



## Tree pose (be aware of your surroundings!)

- Stand in mountain pose (as above)
- Move your weight onto your right foot
- Bend your right knee slightly and grasp your left ankle in your right hand
- Place the left foot against the inside of your right knee and stretch your right leg
- Fold your hands in front of your chest and raise them in the air
- Hold this position as long as you remain balanced
- Return to mountain pose
- Repeat on the other leg



## Dancer 1

- Start in mountain pose
- Place your weight on your left leg
- Bend your right knee backwards and take your foot in your right hand
- Pull that foot as close as you can towards your bum
- Inhale then stretch your left arm above your head
- Pull your right foot as close to your bum as you can, remember to keep breathing
- Remain in this pose as long as you can remain balanced
- Return to the mountain pose
- Repeat on the other leg



## Chair pose

- Stand up straight in mountain pose
- Inhale and stretch your arms out in front of you at shoulder level
- Breathe out and bend your knees as if sitting down
- Keep the upper part of your body straight
- Hold the position as long as you can, breathing evenly
- Return to the mountain pose
- Repeat this several times



**PRIORY**

PRIVATE  
HEALTHCARE