

Calming sequence

This sequence is perfect to do at night before you go to bed, or at any time when you need to calm down.

1

Mountain

Start by standing up straight in Mountain Pose, with your feet slightly apart. Breathe slowly through your nose.



2

Tree

Keep one leg strong with the foot planted as you lift the other leg up to become a tree. Reach up to the sky with your branches and keep your head still. Stay here for five to ten breaths.

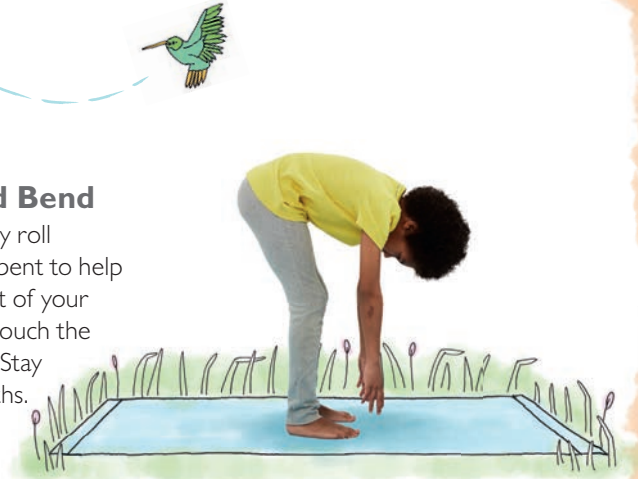
Do the same on the other side, then go back to Mountain Pose for a few moments.



3

Standing Forward Bend

Stand straight, then slowly roll forward. Keep your legs bent to help you relax. Feel the weight of your head hanging down and touch the ground with your hands. Stay here for five to ten breaths. When you've finished, sit down on the floor.



4

Seated Twist

Turn into Seated Twist Pose and stay for a few breaths. Then breathe in and stretch up before breathing out and turning your body the other way into an Open Twist Pose. Repeat both twists with the other leg.



5

Humming Bee

Sit back and practice your Humming Bee breath. Switch between making a bee noise and breathing normally. Do this three times. When you have finished your breathing exercises, slowly open your eyes.



As seen in DK's

