

# DAY 1 - Gentle Upper Body Yoga

Toni Challice

• 10 mins • Beginner • Happiness & Joy

To begin, a nice gentle warming up beginners flow.

Gentle twists, Forward & Back bends. Stretching and warming the upper body.



## 1. Easy Pose Warm Up Flow • Sukhasana

Warm Up Vinyasa

Begin seated nice & comfy closing your eyes, nice straight spine.

Relax your shoulders.

Breathe 3 nice deep Inhales & Exhales through your nose.

Open your eyes and follow prompts in picture, remember there is no hurry.

Just follow your breath.

Repeat this sequence 4 - 6 times.

## 2. Corpse Pose • Savasana

Lay out in Savasana- corpse pose (on your back) nice and relaxed.

You may wish to put a bolster or rolled up blanket under your knees if you have a tricky lower back.

Close your eyes down & take 6 x Deep Slow Inhales & Exhales.

Use this time to think of the three things you are Grateful for today.

Gently open your eyes and slowly awaken your muscles, ready for your day ahead

