



Start by settling down. Relax your shoulders and jaw. Soften your belly. Take a few minutes to breathe into your belly. See if you can feel the breath in the sides of the rib cage too.



Imagine a marble glued in between your chin and your chest. Roll the imaginary marble over to the left shoulder then to the right. Repeat a few times.



Imagine both sides of your bottom are glued the chair! Lift one arm over head and reach over to the other side in a side bend. Repeat a couple of times each side.



Circling the torso! Make your circle as big or as small as you like bringing a bit of movement to the spine. Spiral clockwise and anti clockwise.



Cat and Cow! Place your hands on your knees and round the spine, chin to chest. Draw the hands back towards your body and open the heart space, drawing shoulders back.