

A mindful MOVEMENT



ice skater
(Lord of the Dance Pose)

Step-by-Step Instructions

1. Bring your arms straight out to the sides and up over your head, reaching toward the ceiling.
2. Inhale and draw your spine up long.
3. As you exhale, begin to come forward, hinging at your hips. Imagine your pelvis as a bowl of water that is tipping forward.
4. On each inhale, lengthen your spine. You may come a bit out of your forward bend to do this.
5. On each exhale, deepen into your forward bend. Imagine your belly coming to rest on your thighs, rather than your nose coming to your knees. This will help you keep your spine long.
6. Keep the neck as the natural extension of your spine, neither cranking it to look up nor letting it go completely.
7. When you have come to your full extension with the spine long, decide whether you want to stay here or let your spine round forward.
8. Take hold of your ankles or shins, whichever you can reach. You can also use a strap around your feet. Keep your feet flexed strongly throughout.



reindeer
(Cow Pose)

Step-by-Step Instructions

1. Start on your hands and knees, aligning your wrists underneath your shoulders and your knees underneath your hips.
2. Think of the spine as a straight line connecting the shoulders to the hips. Try visualizing the line extending forward through the crown of the head and back through the tailbone. This is the position of a neutral spine.
3. Keep the neck long by looking down and out.



A *mindful* MOVEMENT



sled ride
(Seated Forward Bend Pose)

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4. On each inhale, lengthen your spine. You may come a bit out of your forward bend to do this.
5. On each exhale, deepen into your forward bend. Imagine your belly coming to rest on your thighs, rather than your nose coming to your knees. This will help you keep your spine long.
6. Keep the neck as the natural extension of your spine, neither cranking it to look up nor letting it go completely.
7. When you have come to your full extension with the spine long, decide whether you want to stay here or let your spine round forward.
8. Take hold of your ankles or shins, whichever you can reach. You can also use a strap around your feet. Keep your feet flexed strongly throughout



pine tree
(Tree Pose)

Step-by-Step Instructions

1. Take a moment to feel both your feet root into the floor, your weight distributed equally on all four corners of each foot.
2. Begin to shift your weight into your right foot, lifting your left foot off the floor. Keep your right leg straight but don't lock the knee.
3. Bend your left knee and bring the sole of your left foot high onto your inner right thigh.
4. Press your foot into your thigh and your thigh back into your foot with equal pressure. This will help you keep both hips squared toward the front so your right hip doesn't jut out.
5. Focus your gaze (Drishti) on something that doesn't move to help you keep your balance.
6. Take 5 to 10 breaths, then lower your left foot to the floor and do the other side.

