

10 Bunny Breaths



- Scrunch up the nose like a rabbit
- Take in 3 quick inhales through the nose
- Exhale fully through the mouth to relax

Bicycle Pump



- Fold forward with knees as straight as possible
- Place hands on floor, feet or ankles
- Inhale through the nose then
- Breathe out through the mouth as you lower the hips into a squat position & look forward
- Keep hands in position while repeating the fold/squat positions, for 10 rounds

Down Dog 5 breaths (in the nose, out the mouth)



- Begin on hands and knees (table top). Inhale
- Exhale to lift hips to sky
- Look at feet while trying to straighten arms and legs
- Hold for 5 deep breaths
- Try pedaling feet and/or lifting alternating legs

Invisible chair 30 seconds



- Stand hip width
- Inhale and reach arms to sky
- Exhale, bend knees and lower hips to pose like a chair
- Hold 30 seconds

Cat and Camel 10x



- Start in table top (hands&knees)
- Inhale & look up to sky while sagging back
- Exhale and tuck the chin to look at the belly as the back arches up
- Repeat 10 times leading with the breath (inhale for camel and exhale for cat)
- Keep arms straight and feet relaxed on floor

Warrior 10 breaths each side



- Stand with wide legs
- Turn toes of right foot out while left foot stays forward facing
- Bend the right knee over toes, leaving left leg straight
- Raise arms to a "T" and look over right fingers
- Hold for 5 breaths
- Repeat to left side

Waterfall 5 times



- Stand feet hip width
- Inhale through nose as you reach to the sky
- Exhale & fold forward hands to toes as you try to keep knees straight
- Shake head YES & NO while staying folded for a few breaths
- Inhale to stand and repeat

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