Standing Shoulder Hugs

From standing, on the inhale extend arms out to the sides. Exhale, crossing the arms and hugging on to opposite shoulders. Inhale and extend the arms. Exhale and switch the cross of the arms each time.

Standing Cow Face with Strap

Use the strap to move into cow face pose – opposite hands hold the strap. Exhale and bend forward. Inhale, lift the heart and find a gentle front extension.
Flow with the breath.

Reclined Twist – Knees Together

Lie on the back. Lift pelvis up in a mini bridge. Set pelvis down to the right side of your mat. Let knees fall over to the left side. Arms can be extended. Stay here and breathe.

Lizard Pose with Hip Opener

Use blocks or books if you have them. From runner's lunge – with the back knee down and back toes tucked under. Release forearms to blocks or the floor. Soften the heart. Roll onto the outside edge of the front foot (only if the back knee is down).