

Waking up with yoga

The Prison Phoenix Trust

Yoga is a great way to start the day. It gets your circulation going and wakes you up while also calming your mind, setting you up for the best possible day. If you approach life in a calm frame of mind, it'll be a lot easier to deal with whatever comes your way - and yoga is an ideal way to do this. As you work through these poses, keep your attention on your breathing, and make each breath as slow and smooth as it can be. Try this routine every day for a week, and see if anything changes for you. Write to us and let us know how you get on.

Child
Hold for 10 slow breaths



Happy Cat
Breathe in



Angry Cat
Breathe out
Flow between these poses ten times, moving in time with your breath.



Down Dog
Hold for 5 breaths



Forward Bend
Hold for 5 breaths



Warrior 1
Hold for 5 breaths each side



Warrior 2
Hold for 5 breaths each side



Mountain
Hold for 5 deep breaths.
Don't rush through them - give yourself time to feel your body standing, balanced and tall, centred and ready for the day.



Extended Side Stretch
Hold for 5 breaths each side



THE PRISON PHOENIX TRUST

Head doing you in?
Stressed out?
Can't sleep?

Simple yoga and meditation practice, working with silence and the breath, might just transform your life in more ways than you think ... Interested?

Write to The Prison Phoenix Trust
P.O.Box 328, Oxford, OX2 7HF.

We'd love to hear from you anytime and have several free books, which could help you build and maintain a daily practice.

Authors: Sandy Chubb Sister Elaine MacInnes

Freeing the Spirit...



...through meditation and yoga.

Editor: Susanna Lee Illustrations: Korky Paul

If you want a free book and CD to help you set up a regular yoga and meditation practice write to: The Prison Phoenix Trust, PO Box 328, Oxford OX2 7HF. The Prison Phoenix Trust supports prisoners and prison officers in their spiritual lives through meditation and yoga, working with silence and the breath. The Trust supports people of any religion or none. We also run weekly yoga classes for inmates and prison staff.



trapped?

Need Help?

Contact Michael Robinson

emmersonsolicitors

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