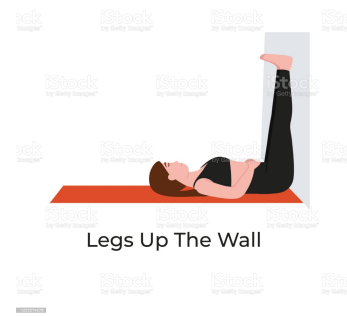


Legs up the wall: Add a pillow under your head and a blanket under your body for support and comfort. Can also drape a blanket over your body for warmth.

Find an empty space on the wall where you can put your legs up.

Sit beside the wall, knees bent with one side of hips resting against the wall, lie back and turn hips towards wall, extending legs straight up, legs up and resting on the wall. Ensure your glutes and back of the legs are resting against the wall for the most support and comfort. Option to place bolster or blocks/pillow under hips to give hips more space. Close your eyes if you are comfortable doing so and place one hand on heart the other on the belly or arms resting by your side. Roll your shoulders down and away from your ears, relax your head, face, jaw, neck, shoulders. Allow your body to feel supported, heavy and relaxed. Become aware of your breath, long and smooth inhales through the nose, full and complete exhales out through the mouth or nose. Allow with each inhale and exhale for your body to relax and soften. Visualize with each breath a sense of letting go. Try this for 3-5 mins or longer if you like!



Wide legged childs pose: Add a folded up or rolled blanket behind knees for support. Can also add a blanket underneath you for extra comfort.

From hands and knees (table top position) bring knees wide apart pointing knees to edges of the mat, toes together to touch (or pointing towards each other), sit hips back over knees and allow upper body to drape forward, upper body resting on the mat, arms can reach out long in front of you or down by your sides. Can also be done with knees together if that feels better for you. Allow your head to rest on the mat or blanket below you. Notice how you feel, how your body feels and take those long and smooth inhales through the nose, full and complete exhales out. Allowing your body to soften and feel supported by the earth below. This pose can also be done in bed for extra comfort. Try this for 3-5 mins or longer if you like!



Breath practice - Box Breath

This can be done at anytime but is often easier at first if you practice it somewhere quiet and calm. So you can do it when you do these poses or you can do it throughout your day while doing other things. Practice it as often as you like, as this breathing technique reduces stress and anxiety. It can calm the fight or flight response, aid emotional regulation (particularly around anxiety and stress), and center us in the present moment. If you have any blood pressure issues, are in any stage of pregnancy or are trauma sensitive do not hold your breath. In any of these cases simply do this breathwork without holding the breath. If it doesn't feel good to hold the breath you can skip the breath hold after the exhale or skip both.

1. Close your eyes. Breathe in through your nose while counting to four slowly. Feel the air enter your lungs.
2. Hold your breath while counting slowly to four. Try not to clamp your mouth or nose shut. Simply avoid inhaling or exhaling for 4 seconds.
3. Begin to slowly exhale for 4 seconds.
4. Hold your breath for 4 seconds after the exhale. Repeat 3-4 times if possible or until you feel your body start to relax. Also the breath hold can be shorter than 4 seconds if you prefer

