

# 5 MINUTES PEACE

## Easy Lockdown Yoga for Busy Parents

1



### DEEP BELLY BREATHING

- Sitting crossed legged, one hand on heart (chest), one hand on belly. Take 5 deep belly breaths, breathing in and out through your nose. Feeling your hand on your chest rise on the inhale, lower on the belly on the exhale. As you inhale think nose, chest, diaphragm, belly. Exhale, think belly, diaphragm, nose.
- Inhale your shoulders up to your ears, exhale with a big loud sigh and drop your shoulders back down repeat x 3

2



### SELF MASSAGE, BE IN YOUR BODY

- Still sitting with crossed legs give yourself a little massage. Start at the face, massage your forehead, cheeks, jaw, then squeeze down the arms, over chest, belly, squeeze down legs to feet. Foot massage, 'ring out the feet' as if you were ringing out a wet towel, then circle the feet by holding toes and moving the foot from the ankle one direction, then another, hold shin with both hands and shake the foot, at ankle joint. Repeat on opposite side.
- Shake out your hands, wrists and arms and make a brr noise with your mouth to relax tension in mouth or jaw.

3



### SEATED SIDE STRETCH.

- Still sitting cross legged. Place left hand flat at side of body, inhale to lift the right hand up above your head and lean over to left hand side, bending left arm, feeling stretch down right hand side of body. Exhale return to centre. Repeat on opposite side. Do this on both sides x 5

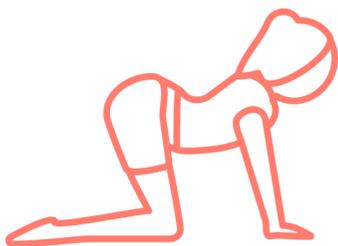
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### SEATED TWIST

- Seated with crossed legs. Place your right hand on left knee. And left hand on floor behind you. Inhale lengthen spine (sit up tall), exhale twist to the left, to look over the left shoulder. Inhale, exhale 5 times. Each time twisting a tiny bit further. Return to centre and repeat on opposite side.

5



### ALL FOUR'S CIRCULAR ROLLS

- Come onto hands and knees on your mat. Shoulders over hands, hips over knee. Double up your mat or use padding/ cushion if knees have any discomfort.
- Start by rolling the hips/ pelvis in circular motion, start small then grow bigger, change direction, basically move in a way that feels good for your body, warming up spine, hips etc. close eyes and move to music if you have - very beneficial for women as we are often move in a just linear (straight line) motion rather than cyclical motion which we need to do to generate energy in the pelvis - our centre of power!- plus just generally being aware of what feels good for you and what your body needs is really empowering.

6



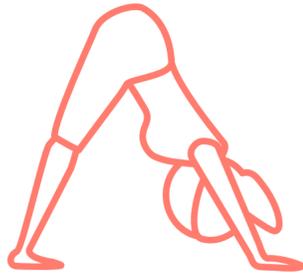
### CAT AND COW

- From here, come back to a neutral all 4's place, flat back, knees under hips, shoulders over hands. Inhale, exhale.
- On your next exhale drop your weight through your knees (plant in them in the ground), squeeze the knees towards each other, and then curl the bottom and back of the pelvis to come under you as the spine curves and you go up into your cat pose. Drop the head.
- On an inhale, drop the belly towards the floor and float the tail up and back and you come into Cow. The head will lift but don't throw it too far back,
- Repeat several times, always working with the breath.

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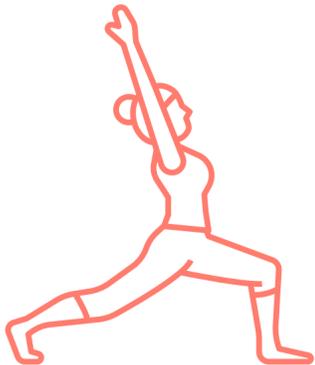
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### DOWN DOG

- From here, still in your All fours, hover the knees a couple of inches off the floor and then push through the hands/ arms, to float the bottom up and back towards the sky. Legs should be straight if possible but if you prefer a soft bend in the knee that's fine too. Arms straighten as your bring chest towards your knees to come into your inverted V / Downward Facing Dog.
- Remain in this posture for a few breaths. Walking the heels out/ marching the feet on the ground.

8



### LOW LUNGE

- From your down dog, step the right leg forward so that your right foot is between your hands. Lower your left knee down to the floor and lift the chest so that you are looking forwards and your torso is upright. Adjust your right foot if needs be so that the knee is above the right ankle. Lift the arms to bring them into a heart mudra at your chest or lengthen them above the head. Stay here for 3-5 breaths.
- Lower your arms.
- Push back into your Down Dog. Repeat on the otherwise, this time bringing the left foot forward and going into a low lunge. Hold again for 3-5 breaths, before taking your leg and body backwads to come up into your Downward Facing Dog.

9



### CHILD POSE

- Come onto your knees on the floor, with your legs behind you and feet flat on the floor. For a really restorative pose, you can take your knees Wide but keep your toes feet touching. Extend your arms out in front of you so that you and then lower your body towards the ground so that if your forehead rests on the mat. Your whole body should feel comfortable and relaxed, if you need to for added nourishment add a bolster (pillows) between your legs for your body to rest on or use blocks (books) to place your forehead on. Remain here for as long as you need to, focusing on the breath, inhaling and exhaling deeply.
- You can keep your arms extended out in front of you resting on the mat or bring that back to rest at the sides of your body whichever you feel more comfortable in

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### STANDING FORWARD BEND

- Walk the feet towards the Hands but remain bending forwards. Take hold of your elbows, one hand on each side and gently rock from side to side, allowing weight of the arms to lengthen the spine and the head and neck to remain soft and long. Let go off the arms and slowly and gently roll up to standing, firstly by tucking your tail bone under you, then by stacking one vertebrae of the spine at a time on top of each other. The head and neck is the last to come up.

11



### TADASANA/ STANDING MOUNTAIN POSE

- Feel your feet firmly planted on the ground, keep a slight bend in the knees but lengthen the spine and body, hands rest at your sides, palms facing forwards/ up. Shoulders are relaxed, face is relaxed, chin is parallel to the ground. Close your eyes. Take some grounded full, deep belly breaths here, enjoying the sensations of your body and your lungs been filled with pure air. Inhale and on the next exhale let out a big sigh. Repeat three times. Slowly open the eyes.

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### NAMASTE

Place your hands together at your heart. A symbol of gratitude and respect. Sending love and health. We are all in this together.