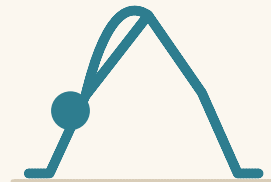
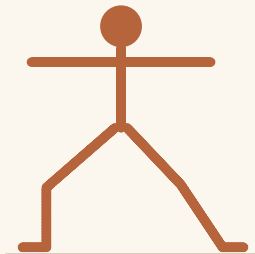




Family Yoga by the River

Three gentle sequences for all ages, all abilities



How to use this guide

- No experience needed. Every pose can be made smaller, softer or done sitting in a chair.
- Breathe in and out through your nose, slowly. If you can talk, you are working at the right level.
- Nothing should hurt. Wobbling, giggling and falling over are all part of it.
- Little ones do best with short bursts – pick two or three poses rather than a whole sequence.

SEQUENCE ONE

Sunrise Stretch

A short wake-up flow for the start of the day. Move through it once slowly, then a second time a little faster. About five minutes.

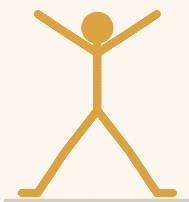


1 Mountain Pose

5 slow breaths

Stand with your feet under your hips. Press all ten toes into the floor and stand up tall, shoulders soft and away from your ears.

Try this: Imagine roots growing from your feet down into the ground.



2 Star Pose

5 slow breaths

Step your feet wide apart and stretch your arms up and out like the points of a star. Look straight ahead and keep breathing.

Try this: Take up as much space as you can. Shine!



3 Forward Fold

4 slow breaths

Bring your feet back together. Bend your knees a little and fold forward, letting your head and arms hang down heavy.

Try this: Give your legs a hug, or let your arms swing like tall grass.

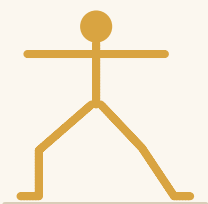


4 Chair Pose

3 slow breaths

Bend your knees and sit your hips back like there is a chair behind you. Reach your arms forward and up. Keep your knees behind your toes.

Try this: Sit on your invisible chair and see how still you can stay.



5 Warrior Two

4 breaths each side

Step one foot back and turn it out. Bend your front knee over your front ankle and stretch both arms out long, level with your shoulders.

Try this: Look past your front fingertips. Strong and steady. Now switch sides.

SEQUENCE TWO

Woodland and Water

Animal and nature poses for the middle of the day. Great with kids – let them make the sounds and name the animals as you go. About eight minutes.



1 Tree Pose

4 breaths each side

Stand tall, shift your weight into one foot and rest the other foot on your ankle or inner thigh. Bring your hands together above your head.

Try this: Trees sway in the wind – wobbling is part of it. Try the other side.



2 Downward Dog

5 slow breaths

Put both hands on the floor, step your feet back and lift your hips up high to make an upside-down V. Let your head hang between your arms.

Try this: Pedal your feet like a dog stretching after a nap.



3 Cat and Cow

6 slow rounds

Come onto hands and knees. Breathe in and drop your belly, lifting your chest. Breathe out and round your back up high.

Try this: Moo on the way down, meow on the way up.



4 Snake Pose

4 slow breaths

Lie on your belly with your hands under your shoulders. Press gently and lift your chest, keeping your elbows close to your ribs.

Try this: Hiss as you breathe out. Keep your shoulders low and relaxed.



5 Butterfly Pose

6 slow breaths

Sit down, put the soles of your feet together and hold your ankles. Sit up tall and let your knees drift gently toward the floor.

Try this: Flap your knees like wings, then let them rest and go still.

SEQUENCE THREE

Settling Down

A calming wind-down for the evening or after a busy day. Move slowly and keep the room quiet. About seven minutes.



1 Easy Seat

8 slow breaths

Sit cross-legged with your hands resting on your knees. Close your eyes if that feels comfortable and breathe in and out through your nose.

Try this: Count your breaths up to eight and start again if you lose track.



2 Bridge Pose

4 slow breaths

Lie on your back with your knees bent and feet flat. Press into your feet and lift your hips. Rest your arms alongside you.

Try this: Lower down one bone at a time, very slowly, like melting.



3 Child's Pose

6 slow breaths

Kneel down, bring your big toes together and sit back toward your heels. Fold forward and stretch your arms out in front of you.

Try this: A quiet, cosy pose. Come back to it any time you need a rest.



4 Knee Hug

5 slow breaths

Lie on your back and hug both knees in toward your chest. Rock gently from side to side if it feels good.

Try this: Give yourself a squeeze on every breath out.



5 Rest Pose

1 to 3 minutes

Lie flat on your back with your arms and legs loose and heavy. Let your whole body go soft and just listen to your breathing.

Try this: Pretend you are a puddle. Nothing left to do.

Breathing and Quiet Time

Three breathing games to use on their own, before a sequence, or any time somebody needs to settle. They work just as well standing in a hallway as they do on a mat.

Balloon Breath

Sit or lie down and rest both hands on your belly. Breathe in through your nose and feel your belly fill up like a balloon. Breathe out slowly through your mouth and feel it shrink.

Six rounds. Good for winding down or shaking off a hard moment.

Counting Breath

Breathe in while you count to four in your head. Hold for a count of two. Breathe out while you count to six. The out-breath is always the longest one.

Six rounds. Good before something nerve-wracking, like a test or a big room.

Listening Minute

Sit still, close your eyes and listen. Count the different sounds you can hear – inside the room, outside the window, and your own breathing.

One minute. Good for getting everyone quiet at the start or the end.

A few reminders for grown-ups

- Let children come and go. Watching from the side still counts as taking part.
- Skip or swap any pose. Sitting in a chair, kneeling, or lying down are all valid versions.
- Anyone who is pregnant, recovering from an injury, or managing a health condition should check with their own practitioner first.
- Bare feet and a non-slip surface. Move the coffee table.



Thank you for practising together.