

# Well-being Yoga

by Kate

These easy stretches will release tension from your body. Stay attentive to your easy, natural breath and only breathe using your nose.



## The Mountain:

- Stand tall with your chest open and aware of your weight balanced evenly between toes and heels.
- Relax your shoulders. Take three breaths.
- Now, raise your arms as you breathe in, and lower them as you breathe out. Do this 5 times.

**This pose improves your mood and gives stability.**



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## Triangle Stand:

- Stand with your legs apart. Turn your left toes in, and your right toes out. Hips face forwards, back straight, and relax.
- Raise your arms to shoulder height, and relax the shoulders. Stretch out to the finger-tips.
- Now, on an out-breath, reach out to the right, and then lower your right hand to your right leg. Keep breathing. Stay for 5 breaths, then come up, and take 3 breaths.
- Now turn the feet so that right foot turns in and left foot turns out.
- Repeat the post to the left, staying for 5 breaths. Come up on an in-breath, and return to the mountain. When you are ready, do this pose again, and stay for more breaths, if you are comfortable.

**The triangle lifts your spirits and helps digestion. It relieves stiffness in the legs, hips and lower back. It will also help you breathe better.**



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