



Breath of hope

- Release shoulder tension
- Energise your body
- Feel brighter and more positive
- Repeat this cycle for 3 to 5 rounds



Cautions:

- Make smaller movements if you have a shoulder injury
- Stop if you feel dizzy or unwell and breathe naturally

Tips

- Check you have space to reach up and out before you begin
- You can also sit on the edge of a chair, bed or on the floor
- Keep knees slightly bent
- Take 3 breaths to settle before you start
- You can take extra breaths between each round

For help with your meditation and yoga, write to:

The PPT, PO Box 328, Oxford OX2 7HF

www.theppt.org.uk