



Cool down with yoga

- Steady movements to tune in and reconnect
- Ease muscles and cool your mind
- A cooler practice for warm environments

1



Cat/cow

- Arch back as breathe out
- Dip back as breathe in
- 5 steady breaths

2



Downward dog

- Lift hips up and back
- Stay for 5 steady breaths
- Step heels up and down

3



Lunge with twist

- Right foot forward
- Left knee and hand down
- Turn to right, lift arm
- Take 5 breaths
- Repeat on other side

4



Gate side stretch

- Kneel up, left leg to left side
- Bring right hand to the floor
- Lift left arm, side stretch
- Hold 5 breaths
- Repeat on other side

5



Core balance

- Balance on sitting bones
- Hug knees in
- Extend legs (arms optional)
- Hold for up to 5 breaths

6



Bridge

- Push feet in to ground
- Allow hips to lift
- Stay in position for up to 5 breaths

Cautions

- This sequence is not suitable if you have mobility concerns and knee, hip or wrist pain
- Avoid Gate (4) if you have knee, hip or ankle injuries, swap for a seated side stretch
- Stay upright in Core Balance (5), lift chest, use stomach muscles.
- Avoid leaning or rounding in lower back

(Please turn over)



Tips

- Practise on a mat or other suitable non-slip surface for safety and comfort
- Put a folded blanket or towel under knees for comfort in 1, 3 and 4
- Sit on a rolled-up towel, or folded pillow in seated postures for hip and lower back comfort

7



Coil

- Hug knees to chest
- Rock from side to side
- 5 steady breaths

8



Forward bend hug

- Sit with knees bent
- Fold upper body, gently hug your legs
- Stay 5 breaths

***“When the
breath is calm,
the mind is calm,
and the self is
revealed.”***

From The Yoga Sutras
of Pantanjali, a text
about yoga philosophy

9



Rest

- Get comfortable
- Tense and relax the body
- Count each breath or be with the quiet
- Stay for 5 minutes or longer

10



Focus the mind

- Sit up with back straight, eyes open or closed
- Left palm on right, thumbs touching
- Notice each breath in and breath out
- Try this for 1 minute

For help with your
meditation and yoga,
write to:

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