



Create your healing space

- Grounding practice
- Helps with feelings of uncertainty
- Reclaim your space

1



Making space

- Start standing feet hip distance
- Breathe in hands on heart
- Flowing movement 1 to 5

2



Making space A

- Breathe out, hands press up - make space above
- Breathe in back to 1

3



Making space B

- Breathe out, hands press downward - space below
- Breathe in back to 1

4



Making space C

- Breathe out, hands press sideways - make space left and right
- Breathe in back to 1

5



Making space D

- Breathe out, hands press sideways
- Make space in front and behind
- Breathe in back to 1

6



Side stretch

- Breathe in, raise right arm
- Breathe out, side bend to the left
- Stay for 3 to 5 breaths
- Repeat on the left side

Cautions

- Practise on a non-slip surface or barefoot
- You are in charge, listen to your body as you move and breathe
- Breathe out at your own pace
- Protect knee joints, keep front knee above ankle (in 8)

(Please turn over)



Tips

- Hands back to heart breathe in between 2 to 5. Breathe in between each movement from 1a to 1d
- Explore expanding your comfort zone
- Between movements come back to notice your feet on the floor
- You can try these movements sitting or standing, adapt them to your needs

7



Heart warrior

- Breathe in, step one leg forward
- Breathe out, bring your hands to your heart space

8



Heart warrior

- Breathe in, bend front knee*
- Breathe in and open arms with elbows bent
- Breathe out return to 7
- Repeat 3 times
- Repeat other side

9



Grounding breath

- Sit with feet on floor
- Breathe in right palm up
- Left hand rest on belly
- Lift your hand to shoulder level

10



Grounding breath

- Breathe out, right palm down, lower back to your leg
- Repeat for 5 breaths

11



Rest

- Find a comfortable position in your chair or lying down
- Use cushions or blankets if helpful
- Rest for a few minutes eyes open or closed

“See how nature - trees, flowers, grass - grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls.”

Mother Teresa,
Catholic Nun

For help with your meditation and yoga, write to:

The PPT, P.O. Box 328, Oxford OX2 7HF

www.theppt.org.uk