



## Yoga for inner light

- Movement for small spaces
- Create warmth in mind and body
- Build strength and focus

1



### Touch the sky

- Interlace hands
- Reach towards the sky
- Look up
- Release hands
- Look forwards, arms to side



### Tree pose

- Gaze at a spot ahead
- Place the sole of one foot on the inside of other leg
- Hands up or on hips
- Soften knee of standing leg

2



### Shake it off

- Feel your feet on ground
- Gently begin to shake hands and arms
- Bounce into knees
- Smile your lips
- Continue for 2-3 minutes

3



### Hands to centre

- Feet to floor, knees soft
- One hand on chest
- One hand on stomach
- Breathe in, count 3
- Breathe out, count 4 or 5

4



5



### Warrior 3

- From pose 4
- Hinge forward at hips
- Move gaze to floor
- Extend the raised leg behind you
- Hold for up to 5 breaths

6



### Warrior 1

- Place back foot on floor
- Lunge into the front knee
- Tuck hips under and lift chest
- Keep a small bend in back knee

## Cautions

- Practise on a non-slip surface. Clear the space around you
- If shoulder injury, raise arms to shoulder height
- Stop if it hurts. Speak to healthcare if you are unsure

(Please turn over)



## Tips

- Try 5 breaths in each posture
- Keep joints soft
- Soften face and jaw
- Breathe through your nose if comfortable

7



### Forward fold

- Step feet shoulder width
- Small bend in knees
- Hinge forward at hips
- Head hangs heavy
- Slowly uncoil to stand
- **Repeat postures 4-7 on other side**

8



### Plank

- From forward fold
- Place hands to floor
- Step legs behind you
- Keep hips raised
- Option - place knees on the floor

***“To go in the dark with a light is to know the light. To know the dark, go dark. Go without sight, and find that the dark, too, blooms and sings, and is travelled by dark feet and dark wings.”***

To Know the Dark  
by Wendell Berry, poet,  
author and environmentalist

9



### Sphinx pose

- Lie on front
- Elbows beneath shoulders
- Chest lifts to sky
- Press through hands and top of feet
- Head forward, gaze down nose

10



### Home Pose

- Knees wide
- Big toes to touch
- Sink hips to heels
- Reach chest and hands forwards
- Head hangs heavy

For help with your meditation and yoga, write to:

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