

Comfort and Joy

Much of the time, when we're in pain – physical or mental – we look for something outside ourselves to feel better. I certainly do. But there is so much we do ourselves, that will make us feel more comfortable and costs no money!

The yoga routine here, for example, may make you feel calm and at peace. It will also soothe lower back and abdominal pain, and is great for period pain if you can't get painkillers or want to avoid them. You can do the whole routine on your bed, or on something soft on the floor. It is good to do at night, and will help you sleep.

All the poses are held for a certain number of breaths. Breathe deeply as you count, and focus on the feeling of the air flowing in and out of you. Know that you are doing a good thing for your body and mind. You always have the capacity to make yourself feel better.

1. Wide Childs Pose

10 breaths



2. Sphinx

10 breaths



3. Sleep Twists

10 breaths each side



4. Happy Baby

5 breaths



6. Bridge



5. Thread the Needle

5 breaths each side



Lie with your feet close to your bum. Push up with your legs and get your hips as high as you can. Hold for 5 breaths then come down gently. If you can, repeat this three times.

Rest your right ankle on your left knee. Pull the left knee towards you.

7. Knees to Chest

10 breaths



8. Goddess

Relax for 10 slow breaths.



9. Legs up the wall

At least 20 breaths

