

Yoga for Balance and Focus



In this sequence we work with our breath and body to keep stable in each pose. This helps develop strength and range of motion as well as improve our concentration and calm the mind.



1. Mountain

Stand tall and steady for five breaths.



2. Shoulder rolls

Slowly circle your elbows five times each way.



3. Tree in wind

Breathe out, leaning to the left. Breathe in and return to centre. Do the same, leaning to the right. Repeat five times.



4. Hip circles

Gently circle your hips clockwise ten times, then anticlockwise ten times.



5. Warrior 2

This classic pose builds strength and stability and helps steady the mind. Five slow breaths each side.



6. Stretched flank

Five slow breaths each side.



7. Dancer

Use the wall or a chair to help balance, and hold your trouser leg if you can't reach your ankle. Five slow breaths each side.



8. Tree

Tree helps develop balance and increase hip flexibility. You can also rest your foot on your calf or ankle. It's normal to be wobbly at first – keep trying!



Alternate nostril breathing

Hold your right hand to your face and take turns between using your thumb to close your right nostril and your ring finger to close the left by gently pressing it closed. You can either fold your first two fingers into the palm of your hand or rest them on your forehead.

Now, follow these steps, remembering to keep the breath gentle and steady, without holding it.

1. Close the right nostril (thumb) and breathe in through the left
2. Close the left nostril (ring finger) and breathe out through the right
3. Keeping the left nostril closed, breathe in through the right
4. Close the right nostril (thumb) and breathe out through the left

Practise five rounds, then work your way towards three sets of five. Always start and finish on the left side.