

# Yoga for Confined Spaces



**O**ur mood can be affected by the space around us. You might be frustrated at being confined in a small room, but in this practice we don't need much space and we make use of the wall. We have everything we need to ease into a healthier body and less tense mind.

In each posture, take steady, even breaths and turn your attention to the sensation of your body being supported by the surfaces it touches – the wall and the floor.



## 1. Mountain

Stand close to the wall, eyes closed, for five breaths.



## 2. Chair pose

With feet hip-distance apart, feel your back rest on the wall for five breaths.



## 3. Forward bend

Relax your upper body, head, and neck. Stay for five breaths.



## 4. Warrior 1

Right leg forward. Stay for five breaths and then flow into 5.



## 5. Intense stretch

Forearms or palms rest on the wall for five breaths. Repeat 4. and 5. on the other side.



## 6. Warrior 2

Right hand and outer edge of foot connect with the wall. Stay for five breaths and then flow into 7.



## 7. Reverse warrior

Reach left arm and upper body towards wall for five breaths. Repeat 6. and 7. on the other side.



## 8. Downward dog

Heels rest on the wall or floor. Stay for five breaths.



## 9. Plank

Squeeze into the armpits. Stay for five breaths.



## 10. Boat pose

Lift chest and engage abdominals to protect your lower back. Stay for five breaths.



## 11. Hip stretch

Stay for five breaths each side. Avoid putting pressure directly on the knee joint.



## 12. Seated twist

Stay for five breaths on each side.



## 13. Legs up the wall

Rest with legs up the wall or on your bed for 30 slow, deep breaths.

**“Lean on me  
when you're not strong.  
I'll be your friend.  
I'll help you carry on.”**

Bill Withers, *Lean on Me*