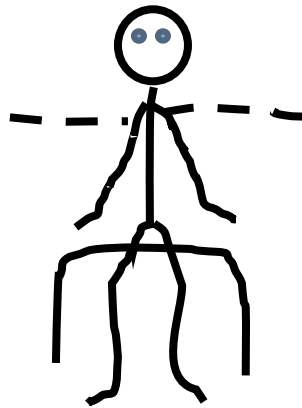


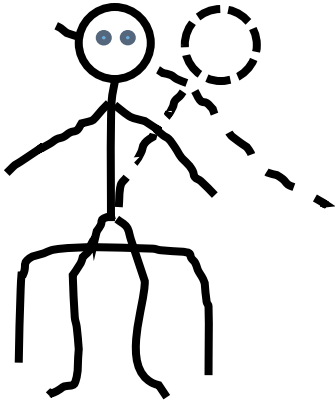
Hands by your side
Centring of breath



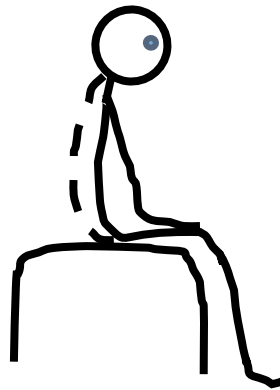
Arm raising
Coordinating with breath



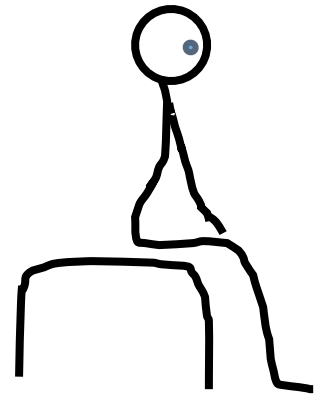
Forward bending
With arms slightly



Side bending



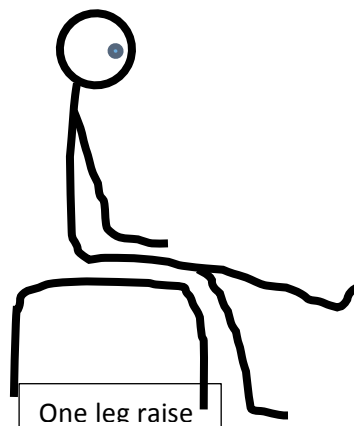
Spine curve



Spine extension
Hip flexion



One leg bend



One leg raise



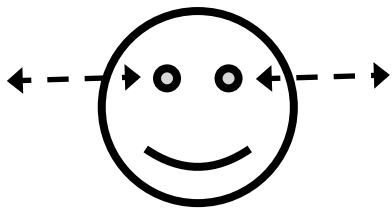
Neck movement



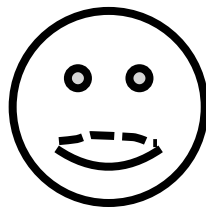
Wrist movements



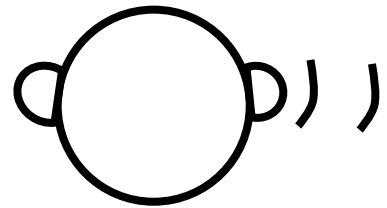
Body tapping



Eye movements



Facial muscles
Funny faces



Focus on sounds



Focus on breath



Focus on
visualisation,
thoughts