

# Safety and Comfort

This sequence is designed to support your well-being and is not a substitute for medical treatment. If you are pregnant or have any injuries, chronic conditions, or pain, please consult a qualified healthcare professional before attempting this sequence. Your safety and comfort are our top priorities.

## Guidelines

The following guidelines help you feel safe and supported during your practice:

- **Practice on a Safe Surface:** Choose a soft, well-balanced surface that is not slippery and feels supportive for both standing and floor-based movements.
- **Wear Comfortable Clothing:** Select clothing that allows for unrestricted movement.
- **Keep Support Nearby:** Have a cushion, folded blanket, or chair nearby for additional support. Using support helps your body relax and reduces unnecessary effort. Adjusting your posture to suit your body is an important part of mindful practice.
- **Move Slowly and Mindfully:** Take your time with movements to allow your body to respond and adjust. If you feel rushed or uncertain, pause and take a few deep breaths before continuing.
- **Avoid Forcing Your Body:** Only move as far as feels comfortable for you. Everyone's body is different, and your experience with movement may vary from day to day. If needed, opt for smaller movements.
- **Listen to Your Body:** Stop any movement that causes pain, dizziness, or discomfort. It's important not to push through discomfort. While gentle stretching or warmth is normal, sharp pain or strain, especially in the lower back or neck, is not acceptable. If something doesn't feel right, skip it or modify it.
- **Change Positions Slowly:** The transitions between postures are just as important as the postures themselves. When changing positions:
  - Move slowly.
  - Use your hands for support.
  - Pause between movements if necessary.
  - Sit or kneel before standing if that feels safer.
  - Remember, there is no need to rush.
- **Take Breaks When Needed:** Resting is an integral part of your practice. You are encouraged to rest, pause, or lie down whenever necessary. Moments of stillness, such as Savasana, are intentionally included in this sequence to help your body and mind settle.

# Breath Awareness

Breath awareness is the foundation of this practice. Before learning postures or movements, it helps to understand how to notice and use your breath in a gentle, natural way.

## Why Breath Awareness Matters?

Breath awareness is about curiosity, not perfection. Breath is not something to control or force. Instead, it acts as a guide and helps you move smoothly, stay present, and recognize when to slow down or rest. Breathing with awareness can help:

- Calm the nervous system
- Improve focus and body awareness
- Support smoother, safer movement
- Reduce tension and stress
- Create a sense of ease during practice

## A Breath Awareness Exercise

You can try the following simple exercise:

1. Sit or stand comfortably.
2. Close your eyes or soften your gaze.
3. Observe your breath for 5–10 slow cycles without changing anything.

This helps settle the body and mind before practice. During the practice, if your attention wanders, gently bring it back to the breath without judgment.

### Why Breath Awareness Matters?

A Breath Awareness Exercise

How to Breathe During the Practice?

Matching Breath with Movement

Signs You May Need to Slow Down

# How to Breathe During the Practice?

Breathe through your nose because it:

- Slows the breath
- Warms and filters the air
- Encourages calm and steady breathing

If breathing through the nose feels uncomfortable at any point, breathe in a way that feels easiest for you.

You do not need to change your breath for this practice. You just need to notice:

- The air moving in and out of your nose
- The gentle rise and fall of your chest or belly
- The rhythm of your breathing

If your breath feels shallow or uneven, that is completely normal. Awareness comes first; changes happen naturally over time.

## Matching Breath with Movement

As you move through the practice, you will often be guided to:

- Inhale during opening or lifting movements
- Exhale during folding, lowering, or releasing movements

For example:

- Inhale while lifting the arms or coming up
- Exhale while bringing the arms down or bending forward

This breath pattern helps movements feel smoother and less strained. If you lose track of the breath, pause and return to natural breathing before continuing.

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# Side Bend

Mobilizes the lateral spine and intercostal muscles.

[Focus Areas](#)

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## Focus Areas

- Rib cage
- Waist
- Breath awareness

## Steps

1. Stand in a comfortable position with feet hip-width apart.
2. Inhale and, following the rhythm of the breath, raise one arm overhead.
3. Exhale and, following the rhythm of the breath, gently bend to the opposite side at the waist. You should feel a stretch along the entire side.
4. Inhale and return to the center.
5. Exhale and bring the arm down.
6. Repeat on the other side.
7. Repeat at least five times on each side.

## Practice Tip

- Move slowly.
- Follow the rhythm of the breath.
- Focus on lengthening the side body.
- Do not hold or restrict the breath.
- Do not bend too much.
- Do not twist the spine or collapse the chest.