



# 804

## Posture

1. Stand tall. Let the shoulders move down and back. Breathe in this posture for a while.
2. Squeeze the shoulders right up towards your ears on an in-breath, and then pull down as you exhale. repeat as often as you like.
3. Gently roll the shoulders backwards, then after a while forwards, practicing resonant or hissing breathing all the while.
4. Clasp your hands and push your arms right out in front of you; round the shoulders; tilt the pelvis up while squeezing your bottom muscles. relax and repeat, breathing each time.
5. Clasp your hands palm to palm behind you, raising your arms gently as far as you feel comfortable and feeling your chest open as you breathe strongly in and out. Relax and repeat as often as you like.

**As with all of these physical practices, please be gentle with yourself.**

**Breath well and don't ever strain. Over time, with gentle practice, you will see natural progress, even if you feel very stiff at first. Be patient!**