Standing Yoga (bell rings). Welcome to standing yoga. As we stand here, feeling into our standing posture, without leaning too far forwards or backwards, with the head squarely between the shoulders, let’s balance our weight so it’s evenly distributed on each foot, leg, hips, and shoulders, being present. And now, we’ll do a full body stretch. Breathing in and rising the arms up overhead with the palms facing each other, stretching towards the sky. And on an exhalation lowering your arms by your side with awareness, breathing in and breathing out. And now we’ll do some mindful shoulder rolls. Raising the shoulders up in the air, doing a circular motion so doing a forward motion with awareness, middle, and down, and then up towards the back, bringing the shoulders up again. Doing this mindful circular motion in one direction, and coming to a neutral position, and reversing those shoulder rolls, going into a backward position. Rolling the shoulders up, back, down, forward, and up again. Continuing to roll, then allowing them to come to a neutral position. Now we’re going to do some neck stretches. Bringing the right ear towards the right shoulder without bringing the right shoulder up. Just bringing the right ear towards the right shoulder. Breathing in and out. And on an inhale, lifting the head back to a more neutral position and then bringing the left ear, dropping it towards the left shoulder. Feeling that stretch. And gently bringing your head back up to a neutral position. Next we’ll do a diagonal neck stretch. Again bringing your right ear towards your right shoulder, without lifting the shoulder up. Now opening the palm of your right hand which is by your right side and face it out ahead of you. And now in a diagonal neck stretch, drop and turn your head towards your right palm- breathing in and breathing out. Feeling this gentle stretch. Now gently coming back, releasing from this movement into a neutral position. And we’ll repeat that on the other side, dropping the left ear towards the left shoulder. Opening the palm of your left hand and facing it towards the wall in front of you. Then doing a diagonal neck stretch. Dropping and turning your head to look at your left palm. Only going as far as is comfortable for you. Breathing in and breathing out. Feeling the stretch. Bringing awareness to the breath, the movement, the posture, sensations, thoughts, or emotions, or whatever is present. Now gently releasing and coming once again to a standing pose with the arms by the side, palms relaxed. Breathing in and raising the palms up in the air, stretching towards the sky with the palms facing each other overhead. And on an exhalation releasing the arms and allowing them to return to your side. Now we’re going to do a twist. Placing your hands on your hips, breathing in, standing up tall, really lengthen that spine, and as you exhale, twist gently to the right, keeping your hips stationary, while looking over your right shoulder and twisting the torso. Breathing in and breathing out. Now gently releasing and coming back to a neutral standing position. And breathing in standing up tall and as we exhale, twisting now to the left side. Again keeping the hips stationary, shifting the shoulders and looking over the left shoulder. Breathing in and breathing out. And now gently releasing from the twist and coming back into center. Breathing in and out with your hands still on your hips, it will extend the twist. Breathing in, standing up tall, lengthening the spine, and as you exhale, now just keeping your feet stationary, twisting from your ankles all the way up and looking over your right shoulder as you breathe in and breathe out. This is a full twist from the feet all the way up twisting to the right side, with awareness. Breathing normally and naturally. Being present. On your next exhale, releasing back into a neutral standing position. And then breathing in standing up tall again and on an exhale twisting to the left side from the ankles all the way up to the head. Keeping the feet stationary but twisting to the left side and looking over your left shoulder. Always being gentle with yourself, breathing in and breathing out. Being mindful of the posture, of any waves of any sensations, thoughts, or emotions and just being present with those. And on your next exhalation, releasing and coming back to the standing pose. The shoulders squared over the hips, hips over the feet. And when you’re ready, lifting up again your arms into a full body stretch, breathing in, bringing the palms facing each other up over your head and on the exhalation releasing and allowing them to come back by your sides. And breathing. Now we are going to do a balancing pose. So if you need some support like a wall or a chair, please have one close to hand. Start by feeling your standing position, feeling yourself balanced on your feet. Then gradually placing some weight to your left leg, hip, and foot and raising just your right heel up into the air so your right toes are still touching the floor. Bringing both your arms out to your sides, extending outward like a bird. Bringing the arms up so they’re level with your shoulders. And when you’re ready, taking your right foot off the floor, just breathing in and breathing out with awareness, feeling the balance. If it’s comfortable for you, let your arms extend up towards the ceiling. And lift your right leg, your right knee, a little higher. Taking a breath on this pose, and on the exhalation, lowering the arms and the leg back to the floor. Beginning to put some weight and pressure now into your right leg and foot. Finding your balance and shifting more weight into the right side bringing the heel of your left foot up, the left toes still touching the floor. Bringing both your arms out level with your shoulders, extending outwards. And when you’re ready, taking the left foot off the earth, standing and balance, breathing in and breathing out. Noticing the small movements that you do automatically to keep yourself balanced. Then extending the arms and hands up towards the sky, lifting the left knee higher into the air on an inhale and then as you exhale descending, lowering your arms, lowering your leg back to the ground. Breathing in and breathing out and finding your balance on both feet. Now we’re going to do a warrior pose. Bringing your right foot so that the heel meets the center of your left foot forming a T. Now take a wide step out with your right leg and firmly establish this posture so that there’s even pressure going down both legs, both hips, and feet. Feeling rooted into the ground and balanced. Breathe in and out. Now bending the right knee towards a ninety-degree angle. Lifting your right arm up level with your right shoulder and extending it out over the right leg. You can gaze in that direction as well if that feels comfortable for you. Then lifting your left arm behind you so it’s level with your left shoulder. Breathing in and out into the warrior pose. This is a strenuous pose so easy does it. Being mindful of the breath. Noticing any ways the breath may have changed through these different postures. Notice the posture you’re in now and any sensations that may be present. And now gently releasing and coming back to a standing position. Breathing in and out. And we’ll now reverse this movement. Bringing your left foot so that the heel meets the center of your right foot forming a T. Taking now a wide step out with your left leg. Firmly establish this posture so there’s even weight between both legs. Feeling rooted into the ground and balanced. And breathe in and breathe out. Now bending the left knee, lifting your left arm level with your shoulder, extending it out over your left leg, and gazing in that direction if it’s comfortable. Then lifting your right arm behind you so that it’s level with your right shoulder. So your arms make a T stretching away from each other. Breathing in and breathing out. Being present with whatever sensations are with you now. And now gently releasing and coming back once again into the mountain pose. Into the standing posture with your weight evenly distributed between your feet, with your arms by your side, standing with awareness, being present. Now we’re going to do the final pose. Find a place to lie down on the floor or on a bed. Mindfully change this posture so that you’re lying down on your back bringing your arms by your side or placing your hands on your chest wherever you feel more comfortable. In this last pose the resting pose, pose relaxation, resting in the grace of this universe, there is nothing more we need to do, nowhere we need to go. Just lying here being present with the breath and body. Being aware of and appreciative of all the things the body can do. Being with wherever your body is today in this moment. As we come to the end of this yoga practice, taking a moment to thank yourself for taking this time out to nourish your body and mind. (Bell rings three times)