

## Winter Yoga Practice

*This sequence can be enjoyed at any time of the year, however, it is particularly powerful in the winter as it helps to generate heat and increase your vitality.*

\*Begin in [Shavasana](#), settle the body, connect to the breath

\*Bend one knee in towards the chest, straighten the leg towards the ceiling, keeping the leg straight lower in to the floor for [Cycling](#) x7 in each direction with each leg



\*Practice [Boat pose](#) with either both legs, or one at a time x5



\*Bend both knees, feet hip width apart, close to the buttocks for [Shoulder pose](#). Move with the breath x7 Inhale - love and light, Exhale - deep peace



\*Hug knees to the chest

\*[Sleeping abdominal pose](#), Interlace the hands behind the head, gently twist from side to side, experiment with the positioning of the feet.



**For a shorter practice finish here with sun meditation**

\*Come to standing - ground and center

\*Bring feet together, bend knees lower the buttocks down and raise the arms. Hold for as long as comfortable drawing the naval towards the spine so the back is long. [Dynamic energy pose](#) x5



**For longer practice do some Sun Salutations**

\*[Cobra pose](#). Lye on the stomach with hands underneath the shoulders. As you inhale raise the head, exhale lower down. Inhale raise the head and upper chest, exhale lower down. Progressively warm the spine like this, coming as high as comfortable for you. x7 Rest turning head to one side



\*[Snake pose](#). Bring head back to center, feet together, interlace hands behind the body. Inhale to raise the head and chest, exhale to lower. x5 Rest turning head to other side.



\*[Childs pose](#). Bring head to the center, take hands underneath shoulder, press back onto all 4s and rest the buttocks to the heels. Natural breath.



\*When ready lye back in [Shavasana](#), settle the body, connect to the breath. You may like to finish with the below meditation.

### **Energising Solar Plexus Meditation**



This visualisation combined with breathing can boost self confidence. It is energising and uplifting and can induce a feeling of well-being and happiness:

Close your eyes, focus on your breathing and relax. In your solar plexus, imagine a sun radiating light and energy. Feel warmth and light there. As you inhale see the sun brighten and expand inside your solar plexus. As you exhale, feel this sun radiate energy through your whole body.