

Frogs

Squat down on your toes.

The heels are touching, and raised up off the ground.

Place the fingertips on the ground between the legs, arms straight.

Face forward.

Inhale as you raise your bum in the air, keeping the fingertips on the ground and the heels off the ground, until the knees are straight and the head is hanging down.

Exhale back down to the starting position, with the face forward and the knees outside the arms.

The movement is rapid, up and down.

That's it, you've successfully completed one frog. The goal is to build up to 108 frogs, but that may take time. Start aiming for 27 frogs and then go on from there.



Tree Pose

Start in a standing posture with the weight evenly distributed across the feet, front and back. Shift all the weight to the left foot, ensuring that the hips remain level with the bum tucked under.

Raise up the right foot. To start simply bring the right foot up on tiptoe with the heel vertical just touching the inside of the left shin. Check your balance.

Stretch the arms up with the palms together above the head, the upper arms hugging the ears. If that is challenging then simply bring the hands together at the centre of the chest in prayer pose.

Check that the neck is lengthened and straight, an extension of the spine. To keep the bum tucked under pull the pelvic floor in and up.

Keep the eyes open, focussed on a still object.

Be aware of how straight you are and breathe long and deep.

Repeat on the other side.

The goal is to be able to balance with the raised foot against the groin. This takes practice. It is better to keep the foot low and the body balanced, then to raise the leg too high and have the body wobbling about.