Be REAL Yoga Week 1

**Key:** IN = Inhale / breathe in  
EX = Exhale / breathe out  
R = Right side  
L = Left Side

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| **1 Opening Breath Awareness**  | - For 4 – 6 breaths, link this movement with each breath:  
- IN lengthen the spine  
- EX soften the shoulders, jaw, and belly |
| **2 Neck Rolls**                | - Drop the chin down towards the chest  
- IN chin up to one shoulder; EX chin down to the chest  
- IN chin up to opposite shoulder, EX back down  
- Repeat 4 times on each side |
| **3 Seated Cat-Cow Variation**  | - IN stretch arms to sides, gently arch back + tilt chin up (or bring arms into a goal post/cactus position)  
- EX round back, fold arms over chest, tuck chin down  
- Repeat 6 times |
| **4 Side Stretch**              | - Start: gaze forward, hands rest on the sides of the chair  
- IN raise R arm up from the side, gaze up to R hand  
- EX lower arm down from the side, gaze forward  
- Repeat 3 times each side |
| **5 Standing Chest Opener**     | - Start: feet hip distance, bring back of hands to touch near midline (or keep hands apart if shoulders are tight)  
- IN raise the arms up from the midline, gaze follows  
- Pause at top with arms overhead, gently arch back  
- EX sweep arms down from the sides (palms face front)  
- Repeat 5 times |
| **6 Warrior – Hip Opener**      | - Start: feet hip distance, R foot back slightly turned out (note: if using a chair, place L hand on top of chair)  
- IN bend L knee, raise R arm (or both) up from front  
- EX straighten L leg, lower arm(s) down  
- Repeat 4 times each side; on last time stay 4 breaths |
| **7 Transition back to sitting.** | Take 3 - 5 breaths at your pace.                                                                                                                 |
| **8 Seated Twist**              | - IN raise the arms up from the front  
- EX twist to the R; place R hand to back of chair, place L hand on R knee; gaze to L side or over shoulder  
- IN arms up + back to center; EX twist to opposite side  
- Repeat 3 times each side; on last time, stay 4 breaths |
| **9 Seated Cat-Cow**            | - Start: hands on top of legs, lengthen the back  
- IN gently arch upper back, broaden shoulders, tilt chin up  
- EX round the back, slide hands over knees, chin to chest  
- Repeat 6 times |
| **10 Closing Breath Focus:**    | Rest hands on your lap with a soft gaze; allow the breath to move freely.  