

A Moment of Pause

Mindful movements to rebalance, reconnect and realign.



Overhead Side Stretches

Sitting down for long periods of time makes us prone to hunching and compressing the ribs. By moving the torso side to side whilst taking deep breaths, the muscles between the ribs release and stretch.



Seated Twist

By working into the mid spine, this pose relieves stiffness, releases the neck and shoulders and aids digestion through twisting into the abdominals.



Seated Pigeon

Our pelvis can hold a lot of tension. This pose alleviates tight hips, glutes and thighs allowing freer movement and reduced stiffness.



Forward Fold

Over time we start to slouch in our chair adding extra pressure to the lower spine. This pose allows the spine to elongate, relieving pressure and tension.



A Mindful Pause

Sit in a comfortable position with both feet on the ground. Roll the shoulders back and gently begin to close the eyes. Breathe deep. Come into the present moment. What can you hear, touch, smell, taste and see behind the eyelids?



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