

Enjoy this 30 minute flow, Pace Youth Theatre!

Yoga is about connecting breath with movement and in doing so creating an awareness of your own unique body. You might find that every time you do this video your body feels a little bit different and that's because we are a little bit different every day.

We call it *yoga practise* because it's never perfect and it's never finished, so take any pressure off yourself to look or feel a certain way during the class. It gets better with... practise.

Feel free to listen to music. I would recommend something calming and/or energising. There are lots of options on youtube so feel free to explore.

You might like to start a little yoga journal to reflect on how you felt during the class.

What did you enjoy?

What did you find difficult?

How did you feel at the beginning of the practise?

How did you feel at the end?

Were there any distractions or any thoughts that kept appearing?

Do you like to listen to music while you practise? Why?

Why not record yourself doing a time-lapse of the practise?!

Remember, if you don't have 30 minutes but you want to spend sometime looking after yourself you can:

Have a glass of water - 1 min

Take 5 slow deep breaths - 2 mins

Write 10 things you are grateful for - 10 mins

Phone a friend - 15 mins (at least!)

You have my email address if you have any questions and please don't hesitate to get in touch.

Sarah x

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