

WATERFALL



Increases blood flow to the brain, calms the mind, releases stress.



Relieves stress, tension and fatigue.



I work well with others.



Stand tall and proud in mountain pose, resting your eyes on a focus point.



1

Imagine you are standing between two windows. One just behind the back of your body and one just a little in front of your body.



2

Rest your hands on your shins or your fingertips on the ground. Listen kindly to your body, noticing the sensations, and keeping your breath even and smooth.



3

Let your head hang and relax. Stay for 5-7 breaths.



4

To come out, bring your hands to your hips, look forward and lengthen your spine to come on up to mountain pose. Don't rush!



- Notice your breath. Is it short and sharp?
- What sensations can you notice in your body?
- What is your breath like as you stay here for 5 breaths?



- Stay down in waterfall, bring hands to elbows, stand evenly on both feet and see if you can rock gently from side to side.



- When we work with others, we can achieve more. Sometimes we need to let go of all of the control. When was a time you when you worked well with others and had a positive result? How did it feel in your body?
- What did you notice happened in/to your mind?
- How can we let go and spread kindness to everyone around us?

