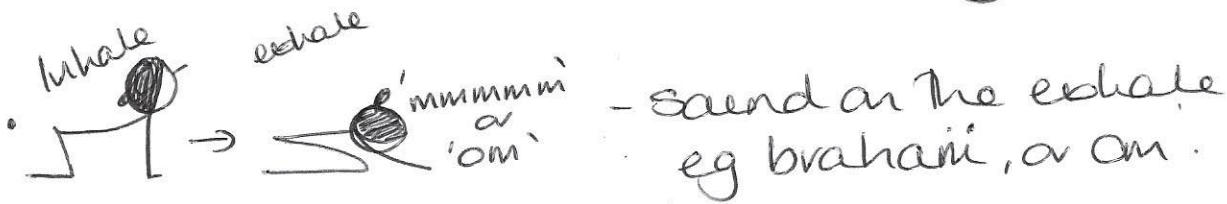
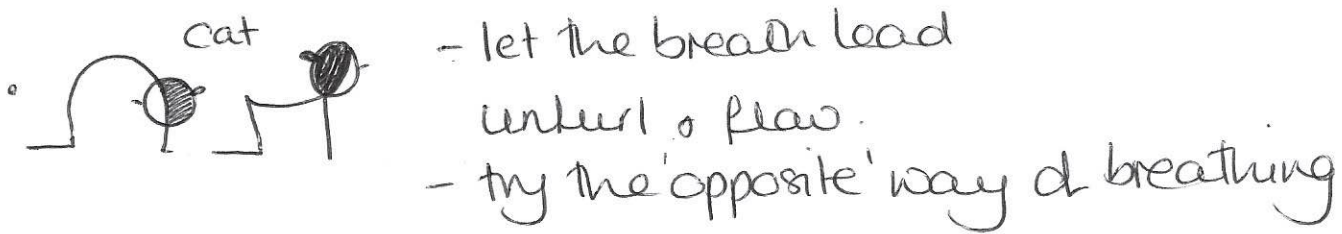
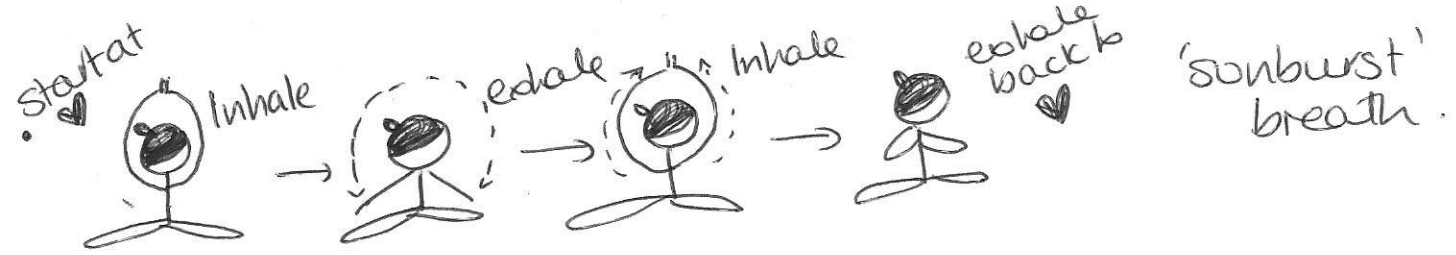
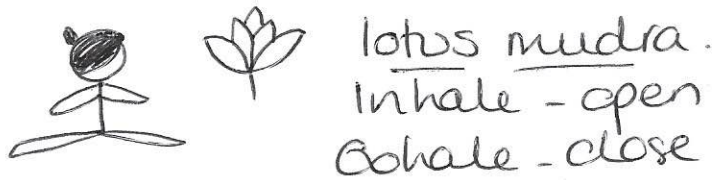
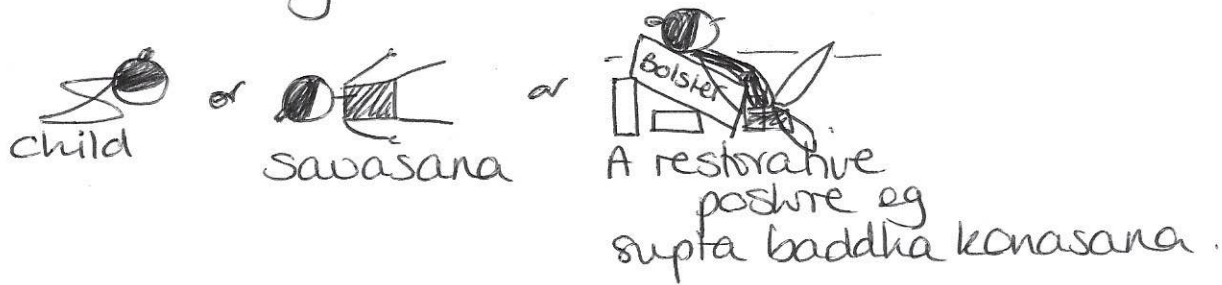


Breath in movement + stillness - a simple practice



• Stillness eg:-



Consider: what do I feel?
what do I notice?

Play around with this ...

- can you think of postures you can link with the breath?
- create your own simple flow.
- how can you bring the quality of stillness into life?

Janice @
Radiance Yoga.