

mm m
mm m
mm m

low hum
With or without
blocking ears

Bhramari
Humming Bee
Breath

Shashankasana / Forward bend onto floor
or chair or cushions

00oh

Ahhh

mmm

Nauk asana / Boat pose

Breathe in lift straight leg + head
..... HOLD
Breathe out lower

Lying spinal twist
If more comfy have arms a
little way out from sides

Hoaaaa

Breathe in through nose raise arms
Breathe out through mouth with 'haaa' lower arms