

### 1. Seed (Child Pose)

Imagine you are a little seed lying in the soil, waiting for winter to pass, and the first signs of spring.

Kneel down and move forwards, with your legs tucked under you and your head on the floor. Place your arms by your sides, with your hands near your feet. Lie still and breathing in and out quietly, as you wait for spring to arrive.



### 2. Grow (Downward Facing Dog)

As the spring rains fall, and the sun warms you, little seed, start to wake up. Move into downward dog pose, with your feet on the floor behind you and your hands on the floor in front of you, and your bottom pointing up in the air. Breathe deeply.



### 3. Stem (Standing Forward Bend)

From the downward dog, walk your hands back to your feet, to come into standing forward bend. Very slowly uncurl your back, raising your head last. Stand up, seedling, as you grow up out of the soil. Push your feet down into the floor as your roots grow deeper and give you support.

### 4. Sway in the Breeze (Half Moon Pose)

As you grow, the warm spring breeze blows you gently from side to side. Bend your right knee and place your right hand on your thigh. Then raise your left hand up over your head as you bend to the side.

When the wind blows the other way, swap sides. Bend your left knee, place your left hand on your thigh, and raise your right hand up over your head. Breathe smoothly as you sway in the breeze.



### **5. Grow Tall (Mountain Pose)**

The soft spring rain and the warm sunshine is helping you to grow tall. Push your feet, down into the ground to root you. Stand tall and raise both hands in the air. Breath deeply as you drink in the sunlight.



### **7. Butterflies (Warrior 3 Pose)**

Stand on one leg, raising your other leg out behind you. Stretch your body forward to find balance. Place your arms out beside you, as your wings. Stand for a moment and imagine what it would be like to fly as you breath calmly.

### **6. Bloom (Tree Pose)**

Imagine you are blooming into a flower. Join the palms of your hands together above your head and, if you want to, try to raise one of your feet, and place it on the inside of the other leg by your knee. Don't worry if you wobble a little; you can place your foot back on the floor when you want to. Breath in the scent of the garden around you, with deep, gentle breaths.

### **8. Contentment (Prayer Pose)**

Place both feet back on the floor, and stand tall, with your hands at your sides. Bring your hands up to your heart, with your palms pressed together. Close your eyes and picture the garden all around you. Listen to the chirping birds, smell the flowers, feel the sunshine. Stand for a moment and breathe deeply in and out, feeling content in your spring garden.

*Namaste.* The spirit of the garden greets the spirit in you.