



Do: Ideas to keep you active

Being mindful by water

Yoga, meditation and mindfulness help to improve wellbeing. Taking your practice waterside adds an extra level of calm. Why not start with some simple yoga poses. Some of these movements will connect you to the water element.

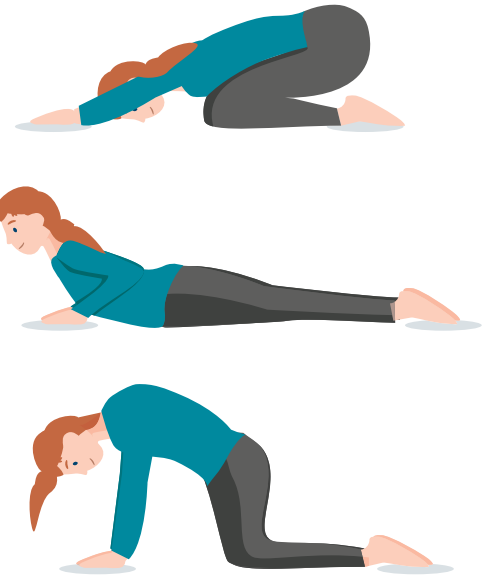
Mountain pose



Low lunge pose



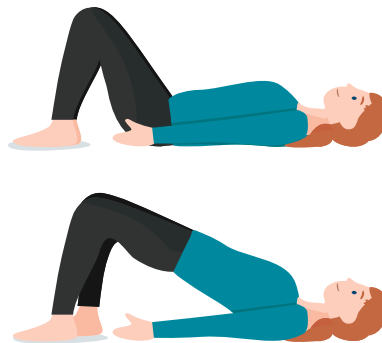
Cobra dance



Happy baby pose



Moving bridge pose



Undulating dog



It is recommended that you consult your doctor before starting any exercise programme especially if you have not done any exercise for a while.