Basic yoga stretches for small spaces
Breathe deeply in and out with each stretch. Also, be respectful of your body! Only stretch as far as is comfortable and allows you to keep breathing deeply.

Breathing Relaxation and Mindfulness exercise (adapted from Jon Kabat-Zinn 1996)
Assume a comfortable posture lying on your back or sitting. If you are sitting, keep the spine long and let your shoulders relax (ears move away from the shoulders).

Find a gazing point on the floor or close your eyes.

Bring your attention to your belly, feeling it expand gently on the in-breath and fall on the out-breath. Keep your focus on the breathing, „being with” each in-breath for its full duration and with each out-breath for its full duration, as if you were riding the waves of your own breathing.

Every time you notice that your mind has wandered off to something else, notice what it was that took you away and then gently bring your attention back to your belly and the feeling of the breath coming in and out.

If your mind wanders away from the breath a thousand times, then your job is simply to kindly and patiently bring it back to the breath every time, no matter what it becomes preoccupied with.
Practice this exercise for 2-10 minutes at a convenient time every day, whether you feel like it or not, for one week and see how it feels to spend some time each day just being with your breath without having to do anything.
SELECTION OF STUDIOS IN KING COUNTY (updated fall 2017)

KEY: Y = Yin, HA = Hatha, PV = Power Vinyasa, RS = Restorative, H = Hot, G = Gentle, I = Iyengar, N = Nidra

8 Limbs Yoga, Seattle (various locations): Y RS G accessible yoga http://8limbsyoga.com/
|| Offers: monthly free Yoga 101 class, Access 8 income-based tuition (email access8@8limbsyoga.com)

Alive and Shine Center, Bellevue: no phone http://aliveandshinecenter.com/
|| Offers: inquire at studio

|| Offers: work trade, various discounts (see website)

|| Offers: karma yoga program, sliding scale classes, new student deals

Maya Whole Health, Renton: Y HA V RS G N 425.271.0200 http://mayawholehealth.com/
|| Offers: work trade, discounted classes on case-by-case basis

|| Offers: donation-based classes, can earn free unlimited yoga through Karma program

|| Offers: work study

We Yoga, Roosevelt, Seattle: Y HA V 206.829.9087 http://weyogaco.com/
|| Offers: $10 drop-in always!

|| Offers: $8 community classes, lots of “pay it forward” classes—inquire in the studio

Om Culture, Greenlake & Wallingford, Seattle: Y HA V G Also Kundalini, meditation, dance. 206.529.0581 http://www.omculture.com/
|| Offers: Karma Yogi program, income-based tuition (ask at the studio)

Rainier Beach Yoga, Rainier Beach, Seattle: accessible, social justice-focused 206.504.3174 http://rainierbeachyoga.com/
|| Offers: work study and lots of sliding-scale options

|| Offers: various donation-based classes, new member deals (3 weeks unlimited for $39)

*Yoga is offered at YMCAs and many gyms as part of a membership, ask your local gym—YMCA provides financial assistance for members