

HOW CAN I GET UP OFF THE FLOOR?

Using my knees

1 Turn onto your back



2 Roll onto your side



3 Push onto your hands



4 Push up onto your hands and knees



5 Kneel, using stable furniture to steady yourself



6 Place your strongest leg forward



7 Stand up



8 Turn slowly



9 Sit down. Rest and tell someone you have fallen



Chair Yoga Exercises

DIRECTIONS

Most positions begin using the same seated position (called Sit tall):

Sit in a chair with feet planted firmly on the floor

Back straight (to elongate your spine)

Hands may be at your sides or on your legs



TIPS

Move slowly through each pose, holding each pose for 3 to 5 slow breaths.

If a pose is challenging, pause and start again when your breathing returns to normal.

Be cautious if you have arthritis in your spine or neck, or a low-back injury.

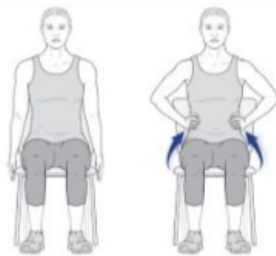
1 SEATED BREATHING

A. Sit tall at the edge of the chair. Place your hands on your waist.

B. (take a deep breath in through the nose), expanding through your sides and abdomen.

C. slowly.

D. Repeat for 3-5 breaths.



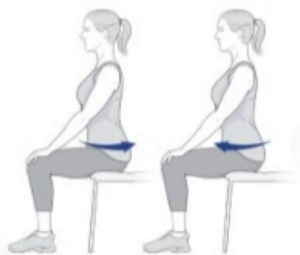
2 HIP CIRCLES

Helps release and relax hip muscles.

A. Sit tall.

B. Without moving your upper body, circle your hips clockwise five times.

C. Repeat, rotating counterclockwise five times.

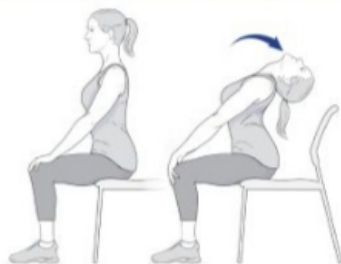


3 COW POSE

A. Sit tall with your palms on your knees.

B. and drop your head back, pulling your chest up and forward for a slight backbend. If you have arthritis in your spine or neck, keep your neck straight.

From Cow Pose, go directly into Cat Pose.



4 CAT POSE

A. and round your back, pulling in your belly towards your spine. Gently tuck your chin in your chest and expand the area between your shoulder blades.

B. Repeat Cow Pose and Cat Pose 3-5 times.



5 SEATED SUN SALUTATIONS

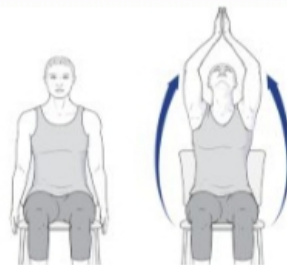
Helps to strengthen and increase shoulder flexibility. If you have shoulder discomfort, lift to shoulder level only.

A. Sit tall and lift your arms overhead with your palms facing each other but not touching.

B. Look up between your hands, towards the ceiling.

C. and allow your arms to float down to your sides.

D. Repeat for 3-5 breaths.



6 SIDE TWIST

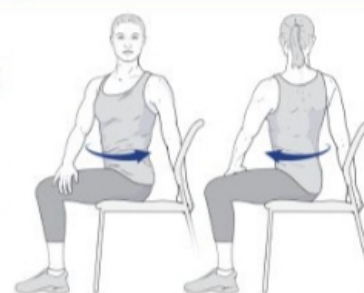
A. Sit tall in the chair. Place put your left hand on the seat behind you and your right hand on the outside of your left knee.

B. and reach your head up with energy toward the ceiling.

C. As you ee, gently turn your shoulders to the left. To help deepen your twist, gently press your left hand against your right knee.

D. Hold the twist for 2-3 complete breaths.

E. Repeat, rotating to the right side.



7 HIGH ALTAR SIDE LEANS

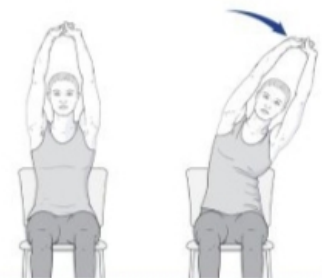
A. Sit tall. Lift your arms and interlace fingers.

B. Turn your palms toward the ceiling and straighten your arms above your head. If you have sore wrists, gently grasp one hand with the other.

C. Lean to the left side.

D. Hold for 2-3 breaths.

E. Repeat, leaning to the right side.



11 COW HANDS

A. Sit tall with your feet hip distance apart.

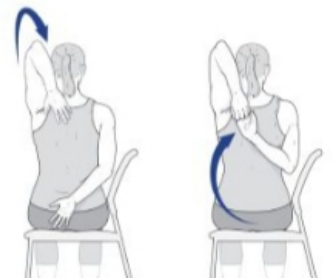
B. and lift your left hand toward the ceiling.

C., bend your arm at the elbow and place your arm on your upper back.

D. and reach your right hand behind and clasp both palms together.

E. Hold for 2-3 breaths.

F. Repeat, adjusting for the other side.



8 SEATED GODDESS WITH A TWIST

A. Sit tall with your legs open wide and your toes pointed out.

B. Place your left arm inside your left leg, pointing at the floor. Lift your right arm toward the ceiling and gaze toward the right hand.

C. Hold for 2-3 breaths.

D. Repeat on other side.



12 UPWARD PLANK

A. Sit tall and place both hands on the seat behind you. Hold the sides of the chair seat and extend your feet in front of you on the floor.

B. and lift your butt and press your hips strongly toward the ceiling. If comfortable, allow your head to drop back, close your eyes, and relax.

C. and set your butt on the chair.



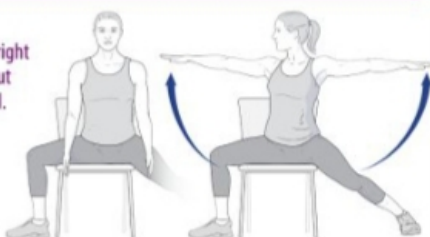
9 WARRIOR TWO

A. Sit tall at the edge of the chair. Bend your right knee to the side and stretch your left leg out behind you, as you press through your heel.

B. Raise your arms to the sides and turn your head to the right.

C. Hold for 2-3 complete breaths.

D. Repeat, adjusting for the left side.



13 FORWARD FOLD STRETCH

Stretches hamstring muscles and lower back.

A. Sit tall on the edge of the chair. Extend your legs in front of you with your heels on the floor and your toes pointing up.

B., flex your quad muscles (try to lift kneecaps), and lean forward at the hips.

C. Place your hands on your knees, shins or toes (whatever is comfortable). Keep your chest toward your feet and your gaze straight ahead.



10 FIGURE FOUR

A. Sit tall and place your right ankle on your left knee. Flex your toes. Pull your belly towards your spine, heart reaching forward, and gaze straight ahead.



14 FORWARD FOLD

Finish with a calming forward bend, which lets blood flow to the brain.

A. Sit tall. Fold your upper body over your legs,



RUNA BEGUM



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PROFILE SUMMARY

I'm a self-motivated and professional individual with strong experience in the healthcare industry across a wide range of settings, successfully providing key support to vulnerable individuals.

My roles have involved mentoring individuals in order to teach them various techniques and skills to assist them with their everyday care in a bespoke manner.

I am passionate about assisting others and improving processes as well as their knowledge. Therefore, I have also been heavily involved in volunteering, to include tutoring and administrative support.

My studies have assisted with my knowledge and progression throughout my career and I'm currently undertaking a PGCE/PCET for Higher Education in order to achieve my ideal role as a Lecturer in a wide range of subjects.

KEY SKILLS

- | | |
|------------------------------|--|
| • Customer Service | • High IT Literacy |
| • Negotiation | • 1 st & 2 nd Line Support |
| • Communication & Liaison | • Organisation |
| • Administration | • Technical Problem Solving |
| • Servers & Microsoft Office | • Leadership & Staff Training |
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EXPERIENCE

PHYSIOTHERAPY PRACTITIONER | MORRISTON HOSPITAL

March 2019 – Present

- Assessing patients to understand their therapy needs and requirements
- Creating and developing a wide range of physiotherapy treatment plans within controlled environmental settings for successful physiotherapy input
- Ensured full patient confidentiality throughout and gained their consent and cooperation from my patients for their bespoke treatment
- Teaching patients effective skills within their activities and exercises to assist with their rehabilitation
- Prioritising caseload responsibilities through extensive evaluation

ADMINISTRATIVE ASSISTANT | DVLA, SWANSEA

2013 – Present

- Dealing with and managing various documentation
- Monitoring and managing the database, completing data entry of applications
- Completing general administrative and reception duties, including answering inbound calls, dealing with general enquiries and maintaining filing systems
- Taking meeting minutes and typing them up before sending them to the relevant individuals
- Greeting and assisting guests and visitors
- Managing and distributing the daily post

YOUNG PERSON'S PEER MENTOR | BAROD

July 2017 – January 2019

- Developed a number of rehabilitation programmes in order to restore confidence and lost key skills in young adults
- Delivered key advice on both home and workplace environmental alterations to assist with effective treatment for individuals such as drug users
- Introduced and taught anxiety techniques, including Cognitive Behavioral Therapy techniques, to help people return to work quicker, as well as offering advice on specialist equipment to help them with daily activities that may have been difficult to undertake previously
- Coached individuals with learning difficulties or behavioral challenges to alter their way of thinking to overcome their own personal challenges

EDUCATION

SWANSEA UNIVERSITY

2011 - 2012

- PGcert in Healthcare Management

SWANSEA MET. UNIVERSITY

2004 - 2007

- BA (Hons) in Health Studies & Sociology

BISHOP GORE

COMPREHENSIVE SCHOOL

2001 - 2004

A-Level's:

- Art (B)
- Bengali (B)

A.S:

- Health & Social Care (C)

GNVQ:

- Leisure & Tourism (Merit)

DYNEVOR COMPREHENSIVE SCHOOL

1996 - 2001

GCSE's:

- Bengali (B)
- English (B)
- Art (B)
- Photography (B)
- Mathematics (C)
- Child Care (B)

ADDITIONAL COURSES:

- Toe by Toe Counselling
 - Sales Training
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- Liaised with other health professionals including doctors, physiotherapists and social workers

COMMUNITY RESEARCHER | SWANSEA UNIVERSITY

2009 - 2013

- Researched and monitored health related issues amongst Bangladeshi individuals
- Contacted various sources for the relevant information required
- Provided culturally appropriate health information and resources to the community
- Increased cultural awareness of health and social care issues

PREVIOUS ROLES

ADMIN OFFICER | AWAKENING WORLDWIDE LTD. | 2008 - 2009

SALES ASSISTANT | THE PERFUME SHOP | 2004 - 2006

VOLUNTARY WORK

- I have volunteered at **MEWN** since 2005. This is a Government initiative for ethnic and minority women of the Swansea area. I have been completing administrative duties to assist with organising the day to day tasks, as well as encouraging young children to read when working on the mobile library.
 - Throughout the year of 2006 I volunteered as a Teaching Assistant at **St Helen's Primary School** where I gave counselling to the children across all aspects, including learning difficulties, bullying and social conformity.
 - Between 2004 and 2001 I spent time at **Bishop Gore School Library** where I ran the busy library and ensured any outstanding monies owed to the organisation were proactively chased and collected. This was a targeted voluntary position and therefore all logs were completed to show conformity to these targets set.
 - In 2001 I also spent the next four years assisting **EMLAS**, an organisation set up by the Welsh Assembly Government to assist children of ethnic minorities with language and learning skills. I mentored the children to enable them to reach their full potential.
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REFERENCES

References are available upon request