

Dynamic Morning Sequence

This sequence will energise and uplift you when time is short.

Sequence steps



Supta Virasana

Reclining Hero Pose

3-4 minutes

Lay on your back with your legs bent, your toes pointing backward.



Virasana Forward

Downward-Facing Hero Pose

45 seconds

Join your feet together under your buttocks and keep your knees far enough apart for your ribs to fit in between your legs as you fold forward. You can rest your head on the floor or on a block.

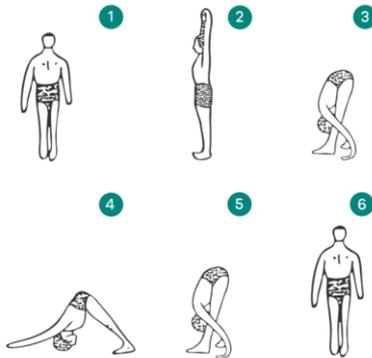


Adho Mukha Svanasana

Downward-Facing Dog Pose

6-8 times

Press evenly into your hands and feet. The main aim is to elongate the back of your body while lifting your hips up as high off the ground as possible. If necessary, bend your knees a little but stay strong in the legs.



Modified Surya Namaskar

Modified Sun Salutation

4-6 times

Start in Tadasana. Interlock your fingers in front of you, raise your arms up slowly as you inhale. As you exhale fold into Uttanasana, release your back. Walk your feet out and stretch back into Adho Mukha Svanasana. Lengthen your spine and hamstrings as you lift the hips up to capacity. Walk your feet back into Uttanasana, decompress your spine. As you inhale, come back up into Tadasana.



Adho Mukha Vrksasana

Handstand

2 times

Open your hands into the floor and strengthen your arms as you lift your body up, one leg at a time, into an inverted balance. Use the wall for support if necessary. If pushing yourself up proves to be too difficult, you can walk your feet up the wall.



Adho Mukha Svanasana

Downward-Facing Dog Pose

10 seconds

Press evenly into your hands and feet. The main aim is to elongate the back of your body while lifting your hips up as high off the ground as possible. If necessary, bend your knees a little but stay strong in the legs.

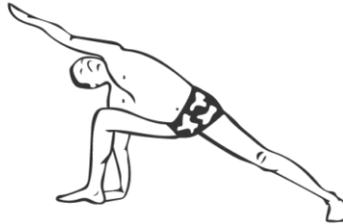


Utthita Trikonasana

Extended Triangle Pose

2-3 breaths each side

Keep the toes and kneecap of your left leg pointed forward and, keeping your spine straight and long, stretch over your leg. Place your left hand on your ankle or on a block next to your foot. Look up towards your extended right arm.



Utthita Parsvakonasana

Extended Side Angle Pose

2-3 breaths each side

Bend your front leg and place your hand by of your foot as you stretch your other arm up and over your head. Pull your waist away from the floor, keep your back straight. Place a block under your hand if necessary.



Utkatasana

Chair Pose

5 breaths

Plant your feet firmly into the floor and sit your buttocks back as if sitting into a chair. Keep your knees pointing forward. Make sure your back stays straight as you open up your chest and lift your arms up over your head.

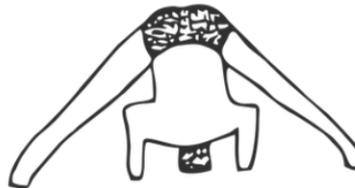


Virabhadrasana I

Warrior I Pose

2-3 breaths each side

Angle your back foot outward slightly and straighten your back leg. Lift from your navel up, bring your arms up, and lengthen through the crown of your head. Make sure your front knee and toes are aligned and pointing straight forward.



Prasarita Padottanasana

Wide-Legged Forward Bend

5 breaths

Plant your feet as wide apart as you can. Place your hands on the floor and lengthen forward through your spine. Once you have achieved the concave spine, start to walk your hands backward to capacity, aiming to lengthen and release your spine as evenly as possible.



Salamba Sirsasana I

Headstand I

Activate your shoulders and upper back muscles as you lift your body up into inverted balance. Use the wall for support if necessary.



Chatushpadasana

Four-Footed Pose

2 times, 5-6 breaths each

Lie down with your knees bent so that your feet are close to your buttocks. Grab onto your ankles and lift your hips up above the ground. Open your chest up and breathe.



Supported Setu Bandha Sarvangasana

Supported Bridge Pose

3 minutes

Lie down over support placed under the whole of your body from the thoracic spine down to your knees. The shoulders swoop down to touch the floor. Spread your arms outward or slightly at your side. Activate your feet and press them into the wall.



Halasana

Plough Pose

5 minutes

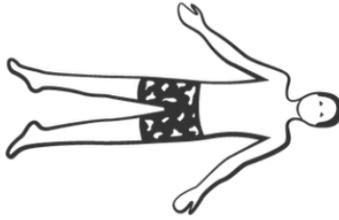
Use support under your shoulders. Keeping your shoulders open, lift your hips up high above your head, dropping your feet down behind you. Place your hands on your back to help keep it from rounding.



Simple Cross Legs Forward

1 minute each side

Sit with your legs crossed. Keep your sit-bones pointing down as you stretch your arms forward to capacity, lengthening your spine.



Savasana

Corpse Pose

5 minutes

Lie down on the floor. Spread your arms and legs slightly at your side. Relax and concentrate on your breath.