

A 10 minute sequence designed to refresh and energize. Best practiced in the morning to awaken, enliven and prepare you for your day. Begin holding each asana for 5 breaths, working to increase the length of hold.

This sequence can be practiced as a single practice on its own, used in conjunction with the hip opening sequence, and/or if time permits it could be incorporated into the 10 minute sequence 1.



Begin with a few rounds of cat/cow pose. Knees in line with hips, shoulders over wrists. Inhale lift sitting bones, chest forward, spine arched for cow pose (bitilasana). Gaze forward and up.



Exhale round the spine for cat pose (marjaryasana). Draw chin to chest, crown of the head released towards the floor, navel to spine. A great movement to enliven & warm up the spine.



Balancing table pose (utthita cakravakasana). Extend the left leg, knee straight & hips squared to floor. Extend the right arm forward, hand and neck in line with the spine. Stretch from the fingertips to the ball of the raised foot. Great for balance & strengthening entire body. Hold each side for 5 breaths.

Variation 1 Elbow to knee – exhale right elbow to left knee, draw left knee toward nose, rounding the spine, tucking the chin. Inhale extend arm and leg. Repeat 5 times, change sides. Builds strength throughout the abdomen & lower back.

Variation 2 From table pose extend left leg back & raise the right arm in line with the shoulder. Bend the knee & reach back with right hand to hold the left foot. Work to lift the knee and chest higher. Stretches the back muscles & front body. Improves balance.

No photos of the above variations



Come into downward facing dog (adho mukha svanasana). Feel the palms and feet rooted into the earth, sitting bones lifted up towards the sky. The arms & legs are straight. Weight evenly distributed between the hands & feet. Energizes the body. Stretches the shoulders, hamstrings, calves, arches & hands. Strengthens the arms & legs.



Step the right foot forward for a low lunge (anjaneyasana) with the left knee and shin on the mat (use a blanket under back knee if needed). Inhale raise arms to the sky, shoulder width apart. Look to horizon, or if neck is okay look to upstretched hands. Hips are squared and press forward.



Variation revolved low lunge (parivrtta anjaneyasana). Bring left hand to the mat (use a block or book for support). Right hand reaches towards the sky. Open the heart and gaze towards the top hand. Opens the shoulders & strengthens the back muscles. Release back into downward facing dog.

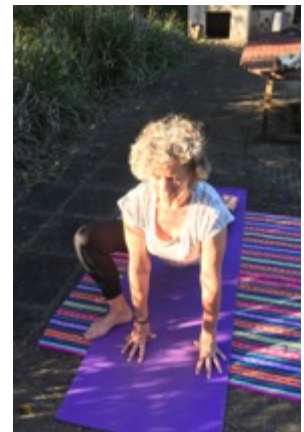
The following 3 asanas can be practiced one at a time on both sides, transitioning through downward facing dog each time. Alternatively, for a deeper experience, practice the 3 asanas on one side, transition to downward facing dog and repeat on the other side. Only go as deep into each pose as feels comfortable. Stay focused with the breath.



Step right foot forward for half splits, stacking hips over left knee. Straighten right leg & flex foot. Hands on the mat or supported on blocks or books. Elongate spine. Stretches the spine, hips & hamstrings. Strengthens the legs.



Variation To deepen the pose allow upper torso to fold over the front leg, palms on the mat. Keep front leg straight. Stimulates the abdominal organs.



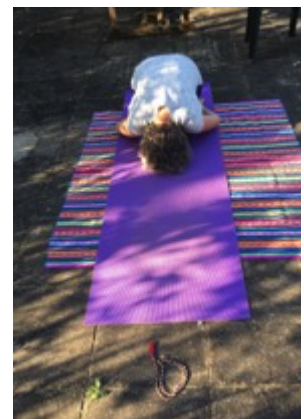
Lizard pose (utthan pristhasana). Walk right foot out toward edge of mat, hands inside front foot. (use blocks or books if needed) Back knee down. Weight even through both hips, sink weight down in your hips.



Variation To deepen further if you feel comfortable, lower down onto both forearms (or use bolster or blocks under forearms). Keep spine long, don't collapse through the chest, neck aligned with spine. Hug muscles toward the midline of the body. Great stretch for hip flexors, hamstrings & the quads. Strengthens muscles in your legs.



Twisted monkey (markatasana) right foot forward, left hand on mat in line with shoulder, bend back knee and reach back with right hand to fold left foot. Bring heel towards hip & sink hips. Lift your chest, stretch spine. Stretches the quads & entire spine, feel the twist & notice the slight backbend. Massages internal organs.



Step back into downward facing dog, lower knees to the mat, buttocks to heels and rest in child pose. Arms rest back alongside body.



Come into forearm plank (Makara adho mukha svanasana) Lower onto forearms, elbows in line with shoulders. Engage your core, firm the front of the thighs, lengthen tailbone towards heels. (Knees can be lowered to the mat.)

Variation side forearm plank. Weight is evenly distributed between forearm and edge of one foot. Extend arm overhead. Don't let hips sag. Strengthens arm & legs. Stretches the shoulders, hamstrings, calves and arches. Repeat on other side, transitioning through forearm plank.



From forearm plank lower down to lie on your mat. Forehead rests on stacked hands, elbows out to side. Rest for a few breaths. Feel the effects of the pose. Bring hands back under your shoulders and press back to knees, buttocks back to heels.



Come to sitting in staff pose (dandasana). Be aware of the spine's alignment from the tailbone to the crown of the head. Twist torso to the right, left hand on outside of right knee, right hand rests behind. Feel the twist through the spine & upper body. Repeat on other side.



We end this sequence with a yin pose – butterfly. Bring soles of the feet together, then slide them away from you. Allow your back to round, fold forward, head hangs down towards heels. (can elevate hips by sitting on height) A nice stretch for the lower back. Stimulates the kidneys, increasing our energy. Settle into pose for at least 1 or 2 minutes. **Note** if you have trouble flexing the spine, keep sitting upright or come to a reclining version.

If time allows rest back in corpse pose (savanasana) for 5 – 10 minutes. Feel the movement of the breath as it flows in and out of the nostrils.