

Morning 1

This sequence can be done before you get out of bed!
A wonderful way to honor yourself and greet the day.



- Take deep breaths through your nose
- Bend your right knee + hug it towards your chest - hold back of thigh or shin
(If your low back is tight, bend your left knee and place the left foot on the bed or floor - shown below)
- Hold and breathe deeply for 5 to 10 breaths
- Keep shoulders and face relaxed



- Take your hands to hold the sides of your right thigh or clasp behind the thigh
- Gently extend the right leg up
- Keep the right knee slightly bent or really bent if you are feeling very tight
- Point (shown at left) and flex (shown below at left) your right foot 5 times
- Bring foot to center



- This movement can be done with the opposite knee bent for comfort and/or if you have a tight low back - shown above
- It can also be done with the opposite leg straight on the floor or bed - shown here at left
- Repeat the top 2 exercises on the opposite side



- After stretching both sides, relax both legs down
- Bend both knees and hug them towards your chest
- Hold either the backs of thighs or over the knees/shins
- Relax your shoulders and face
- 5 to 10 breaths



- Place both feet on your bed or floor with your knees bent
- Breathe deeply
- Relax
- Set your intention for your day (see suggestions list)
- Continue on to the next morning sequence or begin your day