

# Reference Sequence: Morning Wake Up

Andy Fermo

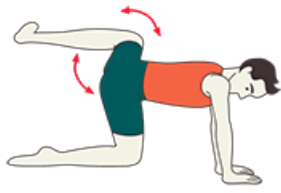
• 10 mins • Beginner • Morning Energising Sequence • Whole Body



A morning wake up sequence suitable for beginners and either stand alone or as a warm up to a more dynamic sequence. It opens the whole body with a calming and energising breath to start your day.

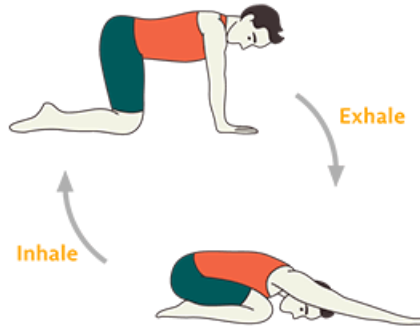
<p>5B Inhale-Hold 45s</p> <p>1. Full Body Stretch Pose Wind Release Pose Flow • Supta Utthita Tadasana Pawanmuktasana Vinyasa</p>	<p>3B Inhale-Exhale 30s</p> <p>2. Half Wind Release Pose Nose To Knee • Ardha Pavan Muktasana Nose To Knee</p>	<p>6B Inhale-Exhale 1m</p> <p>3. Belly Twist Flow • Supta Matsyendrasana li Flow</p>
<p>30s</p> <p>4. Gentle Sit Up</p>	<p>5B Inhale-Exhale 30s</p> <p>5. Easy Pose • Sukhasana</p>	<p>6B Inhale-Exhale 30s</p> <p>6. Easy Pose In Prayer Twist</p>
<p>6B Inhale-Exhale 1m</p> <p>7. Easy Pose Neck Side Stretch • Sukhasana Neck Side Stretch</p>	<p>6B Inhale-Exhale 1m</p> <p>8. Seated Cat Cow Pose • Upavistha Bitilasana Marjaryasana</p>	<p>3B Inhale-Exhale 30s</p> <p>9. Table Top Pose • Bharmanasana</p>

6B Inhale-Exhale 30s



10. Table Top Pose One Legged Hip Rotation

5B Inhale-Exhale 45s



11. Table Top Child Pose Flow • Bharmanasana Balasana Flow

3B Inhale-Exhale 45s



12. Downward Facing Dog Pose Table Top Pose Flow • Adho Mukha Svanasana Bharmanasana Vinyasa

3B Inhale-Exhale 30s



13. Mountain Pose • Tadasana

3B Inhale-Exhale 30s



14. Mountain Pose Arms 45 Degrees • Tadasana Arms 45 Degrees

5B Inhale-Exhale 45s



15. Mountain Pose Namaste • Pranamasana