

Wake Up Series

A glorious way to start your day!



1. Stretch Pose:

Lie on back. Raise head, hands and feet 6 inches off floor. Press lower back into floor, stare at toes and do breath of fire 1-3 minutes.

Modify by placing hands under hips, palm down and/or hold up just one leg at a time and switch legs at the half point.



2. Tuck Pose:

Lie on back with knees held to chest and nose pressed toward knees and do breath of fire 1-3 minutes.

Eyes are closed and focused at the brow point.



3. Rolling:

Hold knees toward chest and rock on your spine 1-3 minutes.

Eyes are closed and focused at the brow point.



4. Eagle Pose:

Sit with legs crossed, arms in "V" position, fingers curled into their bases and thumbs pointing up.

Do breath of fire for 2 minutes.

Eyes are closed and focused at the brow point.