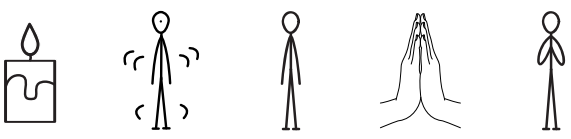
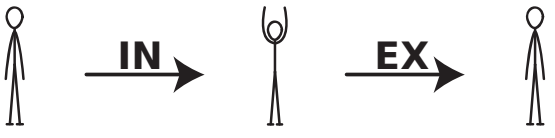
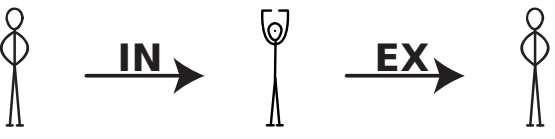
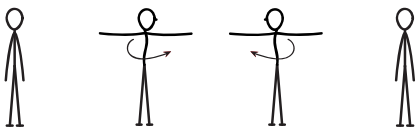
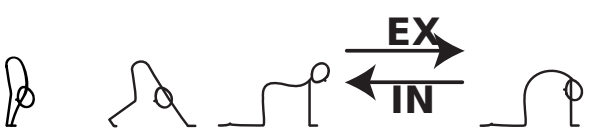


Easy like a Sunday Morning.

This Morning practise will move your spine in all 6 directions, will energise you as well bring you into your centre, ready to start your most brilliant day. This practise will take about half an hour to complete.

You can adapt this sequence, depending how much time you have, increasing repetitions or leaving out the odd pose if you need to. You are very welcome to extend the practise by adding in anything that comes to mind as you move your body. ENJOY!!

1		<p>Sun's up! Light a candle and incense if you like, and begin. Start by shaking out your limbs and waking up your body! When you're ready, come into MOUNTAIN pose and anchor down through your feet, taking a moment to connect with the earth beneath you. Find your breath and lightly bring your palms together and bow your head to say Thank You for the start of this new day.</p>
2		<p>From MOUNTAIN pose, with your core engaged, breath IN and bring your hands up above your head, wait for the OUT breath and let your arms float back down to you hips. Repeat at least 3 X keeping knees, shoulders, elbows and wrists soft. Nice deep breaths!</p>
3		<p>Next In-breath, bring your arms up again, but this time turn your palms up towards the sky, interlace your fingers and stretch up (take an extra breath here if you need to) then Exhale, just allowing the arms to float down 3X ... more if you like. You can stay up and have a little side-bend here a couple of times, have a yawn. Feeling better already?</p>
4		<p>Twists are fantastic to do first thing in the morning to wake up the Nervous System which is housed in the spinal column. Swing your arms gently from side to side, lifting your back heel and keeping knees soft. Use the weight of the arms to pull the shoulders round into the SPINAL TWIST, keep core engaged, shoulders relaxed. Go for it!</p>
5		<p>Bring your hands onto your thighs and work into a FORWARD BEND. Take your time, keeping knees bent as you go down and say Good Morning to your hamstrings! Have a wriggle here and then start to step your feet back into a gentle DOWNWARD DOG and then onto you knees into TABLE pose, ready for a few rounds of CAT & COW pose.</p>

Easy like a Sunday Morning.

6



From CAT, come into EXTENDED CHILD'S pose and have a nice stretch! If you like PUPPY pose, slide your hands forward and drop onto forehead and breathe into the upper spine. Adjust your position for DOLPHIN pose and / or DOWNWARD DOG pose, walking the heels, taking your time to stretch out your spine.

7



From DOG, drop onto your knees and come back into TABLE pose, stretch your right leg behind you and work your ankle, waking up the calf muscles. Do 3 X rounds of TIGER pose to each side to stretch out the hips and strengthen the gluteal muscles.

8



When you have finished TIGER pose, rest back into CHILD, arms extended and then bring your hands into two fists under your forehead or to your feet and take 3 X breaths here. Rest up for a moment. Tuck your toes under, when you're ready and push up into a FORWARD BEND.

9



Bend your knees and come up to standing, uncurling your spine. Take your time! Back into MOUNTAIN pose and get ready to come into TREE pose, taking your weight onto your right foot to begin. SIMPLE TREE keeps your palms together at the heart. You can finish with the hands above the head for an uplifting finish to your Asana practise. Try getting a nice rhythm going with your breath, at least 3 X on each side.

10



When you have completed a few rounds of TREE, sit with your candle for a few breaths with your hands in JNANA mudra on your knees or thighs and settle. Slowly take your breath into a few rounds of the 50/50 breath (first half of your IN-breath into the belly GROUNDING, second half of the IN-breath in the chest, UPLIFTING) Say OM SHANTI and have a brilliant day... X