Morning Yoga Flow

Mountain · Samasthiti

Point tailbone toward floor · Soft, steady gaze · Lift kneecaps up · Body weight centered between heels and toes

Standing Half Forward Bend · Ardha Uttanasana

Do not compress neck · Aim for flat back · Press fingertips into floor · Bring weight to balls of feet

Standing Forward Bend · Uttanasana

Relax neck · Do not lock knees · Press heels into floor · Lift kneecaps · Lift sit bones toward sky

Downward Facing Dog · Adho Mukha Svanasana

Bring feet hip-width apart · Bring hands shoulder-width apart

Extended Cobra · Saral Hasta Bhujangasana

Bring feet hip-width apart · Bend elbows slightly · Draw shoulders away from ears · Keep head in line with spine

Extended Child's Pose · Utthita Balasana

Release tailbone toward feet · Rest forehead on floor · Bring knees hip-width apart

Cat Stretch · Marjariasana

Align wrists under shoulders · Align knees under hips · Broaden shoulders · Inhale and arch · Exhale and round

Tree · Vrksasana

Draw shoulders away from ears · Gaze at a fixed point to balance · Lengthen spine · Open knee to the side

Corpse · Savasana

Keep head and spine in one line · Relax forehead · Release tension in jaw · Tuck shoulder blades under