Wake Up Yoga

Before getting out of bed...

**Wake Up Hugs**
Lying flat on your back, hug one knee to your chest and breathe deeply, 4-5 breaths.
Change sides.
Hug both knees to the chest and make gentle circles with your legs.

**Gentle Twist**
With knees drawn to chest and your arms stretched shoulder height, lower both legs to one side.
Gently turn your head side-to-side to release neck muscles, remaining on each side for 3-4 breaths.
Change sides.

**Half & Full Happy Baby**
Half: Stretch one leg long and bend the other leg, knee towards armpit, sole of the foot towards ceiling. Hold the sole of foot with same side arm. Change sides.
Full: Bend both knees towards armpits, hold sole of each foot with same-side arms. Hold 4-5 breaths each position.

**Forward Bend**
Before sitting up, roll to your side and, on an inhale, use the strength of your arms to push up to seated.
Sit on the side of the bed with legs wide apart. With knees bent, fold forward. Start with elbows on thighs and your spine roughly parallel to the floor. Remain for 4-5 slow breaths.
For a deeper stretch, place hands on the floor, head in line with spine for 4-5 slow breaths.

**Greet-the-Day Backbend**
Standing up, feet parallel, hug legs to the midline, micro-bend knees, thighs back, tailbone in. Inhale & lift your arms up, then bend elbows at a right angle. From the core of your pelvis, exhale and extend energy down through soles of the feet. From the core of the pelvis inhale and stretch up and arch back drawing shoulder blades onto the back of the heart.

**Standing Side Stretch**
From a standing position, feet parallel, hug legs to the midline, soft knees, thighs back, tailbone in. Inhale and stretch left arm up, right arm to your side. Exhale and arc upper body to your right. Hold for 3-4 breaths, expanding left side ribs. Inhale to stand up. Change sides.

**Hamstring Stretch**
Using a counter, place your hands on the edge and step back until the spine is roughly parallel to the floor. Slightly bend the knees, thighs back, tailbone in, soften between shoulder blades. Energetically draw the top of the thighs back while stretching collar bones towards the counter. Variation: Extend one leg forward, isometrically draw front foot back, lift sitting bones, soften heart.

BEFORE BEDTIME – Reverse the order of the sequence