

Dynamic Morning Sequence



This sequence will energise and uplift you when time is short.

Sequence steps



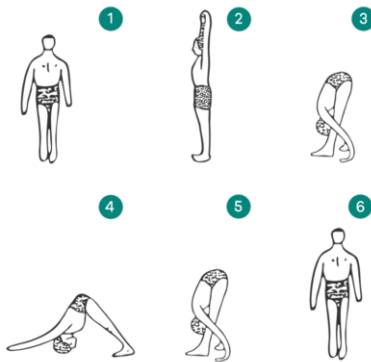
Supta Virasana
3-4 minutes
Lie back over two blocks placed under dorsal and back of head. Or use blankets folded in half lengthways. Sit upright only if required.



Virasana Forward
45 seconds
Knees apart, big toes together, extend arms forward.



Adho Mukha Svanasana
6-8 times
Synchronise the movement with the breath. Start slowly and speed up a little as you go.



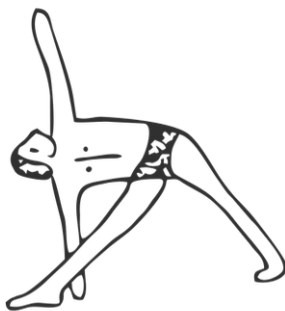
Modified Surya Namaskar
4-6 times
Tadasana, Urdhva Hastasana, Uttanasana, step to Adho Mukha Svanasana, step opposite leg forward to Uttanasana, Urdhva Hastasana, Tadasana.



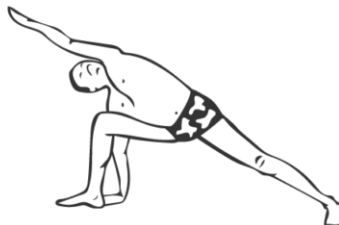
Adho Mukha Vrksasana
2 times
Step up wall to 90 degrees if not able to go up.



Adho Mukha Svanasana
10 seconds
Starting pose. For the next 5 poses, always return to this after each side.



Utthita Trikonasana
2-3 breaths each side
Step forwards to the right side then return to dogpose. Step forward left side then return to dogpose.



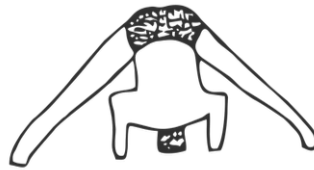
Utthita Parsvakonasana
2-3 breaths each side
Step forwards to the right side then return to dogpose. Step forward left side then return to dogpose.



Utkatasana
5 breaths
Step forwards to the right side then return to dogpose. Step forward left side then return to dogpose.



Virabhadrasana I
2-3 breaths each side
Step forwards to the right side then return to dogpose. Step forward left side then return to dogpose.



Prasarita Padottanasana (Head Down)
5 breaths
From dogpose turn to the side, spread the legs wider and take the head down towards the floor.



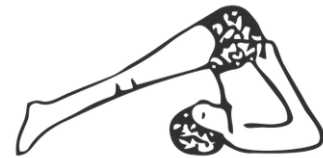
Sirsasana
5 minutes
Full pose, or preparation with a few repetitions.



Chatushpadasana
2 times, 5-6 breaths each
Palms under heels first, and then holding ankles.



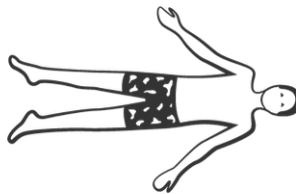
Supported Setu Bandha Sarvangasana
3 minutes
Upright brick under sacrum.



Halasana
5 minutes
Legs supported on chair, or legs up the wall over a bolster if Halasana not practised.



Simple Cross Legs Forward
1 minute each side
Rest head on brick or support.



Savasana
5 minutes
Arms in line with shoulders, out to side.