

10 Minute *Sunrise* Yoga



The way we start every morning sets the tone for our day. Waking up and jumping into a yoga sequence that gets your blood flowing and settles your mind is a great way to set yourself up for success—no matter what’s on your agenda!

This Sunrise Yoga Sequence is guaranteed to help you feel ready to take on the world.

Complete the sequence twice for optimum results.



HEALTH COACH INSTITUTE
Spark the Change



EASY POSE Sit cross-legged, with your palms resting comfortably on your knees and close your eyes.



CHAIR POSE Stand straight, inhale and raise your arms straight above your head, palms facing. Exhale and bend your knees, keeping your thighs as parallel to the floor as possible. Hold for 30 seconds.



DOWNWARD FACING DOG With hands and feet placed flat on the ground, lift your tailbone to the sky, forming an inverted "V."



STANDING SIDE STRETCH Stand up straight, with your arms locked together above your head, hands folded palm to palm. Lean to each side, holding for 30 seconds.

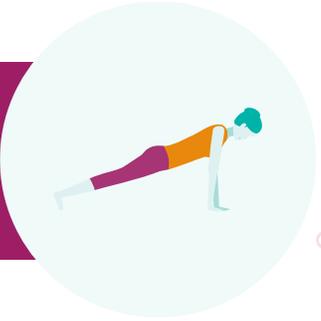


FORWARD FOLD Standing straight, exhale as you bend forward at the hips, lengthening the front of your torso. Bend your elbows and hold on to each elbow with the opposite hand. Let the crown of your head hang down. Press your heels into the floor as you lift your tailbone toward the ceiling. Hold for 30 seconds.



TREE POSE Standing straight, lift your leg, opening your knee to the side and resting the sole of your right foot to the inside of your left leg (below or above the knee). Bring your hands together at the center of your chest. Stretch your arms up to the sky, holding for 30 seconds. Release, switch sides, and repeat.

PLANK Keep your palms on the floor next to your shoulders and your feet flexed with the bottoms of your toes on the floor. Take a deep breath and press up into a push-up. Your body should make a straight line from your heels to the top of your head. Hold for 30 seconds.



SIDE PLANK From the plank position, lift one arm above your head, with your body turning to the side. Hold for 30 seconds. Switch sides and repeat.



LOW COBRA Lying face down, with the tops of feet flat on the floor, press your hands on either side of you. Lift into a low cobra pose by using your back and abdominal muscles to bend your back backwards. Keeping your hands, your hips, and the tops of your feet firmly planted on the floor, begin to lift your upper torso. Tilt your chin upward and lift your chest toward the ceiling, as if exposing your heart to the sky. Hold for 30 seconds.



CAT POSE Beginning on your hands and knees with your wrists directly under your shoulders, and your knees directly under your hips, place your shins and knees hip-width apart. Inhale as you drop your belly towards the mat. Lift your chin and chest, and gaze up toward the ceiling. As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back. Repeat 5-20 times.



CHILD'S POSE Sit up straight and lengthen your spine up through the crown of your head. On an exhalation, bow forward, draping your torso between your thighs. Your heart and chest should rest between or on top of your thighs. Allow your forehead to come to the floor. Hold for 30 seconds.

