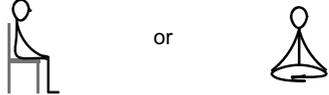
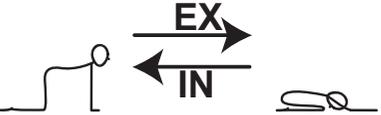
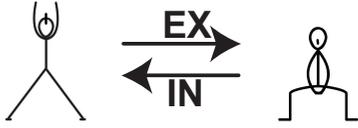
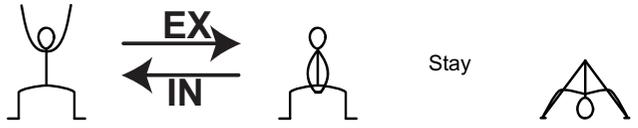


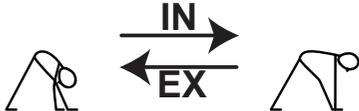
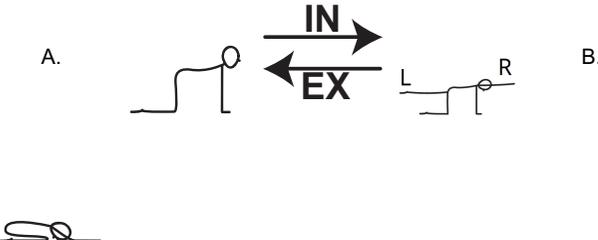
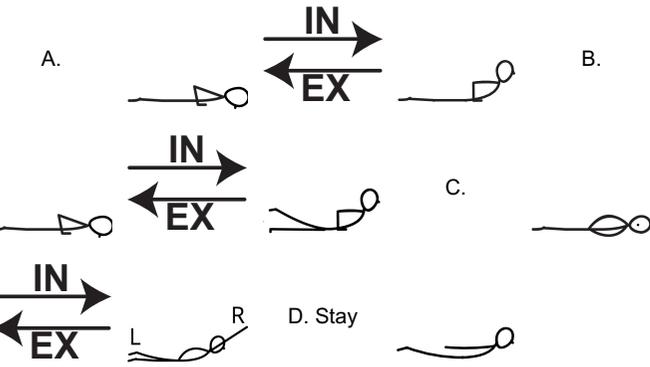
## Morning Practice to Prepare for a Balanced Day

**INTENTION:** To mobilize major muscle groups and joints and to lift energy through gradual deepening of the breath. To create a calm, clear state in which to set positive intentions for managing the effects of stress.

**Breath technique:** Throughout the practice: On inhale, expand chest, then belly. On exhale, tighten belly, especially below navel.

1		INSTRUCTIONS FOR POSE	RATIONALE FOR POSE NUMBER OF REPETITIONS/BREATHS (BR = breath; IN = inhale; EX= exhale)
2		Progressively deepen your BR over 6 cycles of IN/EX. On IN, expand chest, then belly. On EX, tighten from pubic bone to navel.	To join mind and body. Feel each part of the body head to toe. Notice sounds, temperature, light. Observe thoughts without engaging in internal dialog. How relaxed do you feel on a scale from 1 - 10? 10 = most relaxed
3		IN: Lift chin slightly, stretch chest away from navel (but do not overarch lower back - keep hips over knees). EX: Move hips back, lower chin, forearms, forehead and hips - in that order as you come to child's pose.	To warm up spine. Repeat 6x
4		IN: Sweep arms wide and up, look up. EX: Bend knees, sweep arms down, look down.	To mobilize shoulders and legs and to build breath. Repeat 6x
5		Repeat 6x total: 2x make IN/EX = 4 cts. 2x make IN/EX = 5 cts. 2x make IN/EX = 6 cts.  Then stay in forward bend 4-6 BR. Can you find a sense of peace while holding the pose?	To continue mobilizing large muscle groups and to increase inhale.  Move into wide squat. IN: Stretch the arms forward and up. EX: Sweep the arms out and down.  Then bend forward and stay there, relaxing your neck.

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6	 <p>A. IN: stretch fingers EX: fists</p>	<p>IN: Raise arms, stretch fingers, bend front knee to 90 degrees. EX: Lower arms, make fists, straighten leg.</p>	<p>To energize through back bending and increasing inhale. Repeat 6x total: 2x make IN/EX = 4 cts. 2x make IN/EX = 5 cts. 2x make IN/EX = 6 cts.</p>
7		<p>IN: Lift your chest and gently arch your back, keeping hands on the floor or ankle. EX: Release down.</p>	<p>To stretch back after previous backbend. Begin by bending forward with front knee slightly bent. Do 4 cycles, make IN/EX = 5-6 cts. Allow natural pause after IN and EX. Repeat on other side.</p>
8		<p>IN: Sweep arms wide like wings, lifting chest up and come up to "stand on your knees." EX: Extend one arm forward to the floor as you sweep other arm to lower back, coming into child's pose.</p>	<p>To compensate for previous pose; to sharpen focus with asymmetrical movement. Repeat 6x, alternating R/L arms on EX movement</p>
9	 <p>A. B.</p>	<p>IN: Extend R arm forward, L leg back; keep hips level EX: Return to all fours</p>	<p>To prepare back for next pose; to sharpen focus with R/L limb movement. A. Repeat 6x, alternating sides. B. Rest 3-4 breathes</p>
10	 <p>A. B. C. D. Stay</p>	<p>A. IN: Lift head and chest. Do not use arms like a push-up or pull your chin up excessively. Instead, use back muscles. EX: Release</p> <p>B. IN: Lift head, chest and R leg. EX: Release Repeat with L leg.</p> <p>C. IN: Lifting chest and head, sweep R arm forward and raise L leg up. EX: Bring R ear to the floor, sweep hand to the back, L leg down. Alternate sides.</p> <p>D. Stay up, with arms back, neck long</p>	<p>To energize through back bending. To sharpen focus with R/L limb movement. A. Repeat 2x. B. Repeat 2x, alternating legs. C. Repeat 4x, alternating arms/legs. D. Stay 4-6 breathes; can you find a sense of peace as you hold the pose?</p>

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11		<p>A. IN: Raise both arms and both legs (okay if knees don't straighten all the way) EX: Lower arms, bend knees</p> <p>B. IN: Stretch L arm overhead to floor and simultaneously stretch R leg up. EX: Lower arm, bend knee. Repeat on opposite side.</p>	<p>To compensate for previous pose.</p> <p>A. Repeat 4x, make IN/EX = 5 cts. B. Repeat 4x, make IN/EX = 5 cts.</p>
12		<p>A. EX: Take knees to one side/turn head opposite IN: Return to the center</p> <p>B. Stay in the twist. IN: Slide arm up along the floor, eyes to ceiling EX: Slide arm down, turning the head away</p>	<p>To mobilize ribcage and to balance energy by increasing exhale.</p> <p>A. Repeat 3x, alternating sides. B. Stay 3 BR, sweeping arm; EX = 6 cts.</p>
13		<p>When twisting body to right, take 3 BR with head turning right, 3 BR with head turning left. Repeat twist to opposite side.</p>	<p>To energize spine with twist and balance energy by increasing exhale.</p> <p>6 BR each side, make EX = 6-8 cts. Can you find a sense of peace as you stay in the twist?</p>
14		<p>IN: Raise both arms up EX: Release forward, touching shins, ankles or toes (okay if knees are bent)</p>	<p>To compensate for previous twists and to balance energy by increasing exhale.</p> <p>Repeat 4x. Then stay in the forward bend for 4-6 BR, EX = 6-8 cts. Can you find a sense of peace as you hold the pose?</p>
15		<p>A. IN: Lift hips, raise arms overhead to touch floor. Gently lengthen back of neck. EX: Lower arms and hips to floor.</p> <p>B. IN: Lift hips, raise arms overhead to touch floor. Gently lengthen back of neck EX: Lower hips and R arm, turning head R. Repeat with L arm</p>	<p>To compensate for previous pose and sharpen focus for the day with R/L arm/head movement.</p> <p>A. Repeat 4x. B. Repeat 4x.</p>
16		<p>Rest, breathing calmly and naturally.</p>	<p>To allow the effects of the practice to settle in. Stay 5-10 min</p>

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17		<p>Using R hand:                      A. Block R nostril w/ thumb: EX and IN thru L nostril                      B. Block L nostril with ring finger: EX and IN thru R nostril</p>	<p>Alternate nostril breath to balance the nervous system by stimulating and sedating both nostrils; to prepare for the day ahead with a calm, clear, focused mind.</p> <p>Continue the pattern for 2 min. Can you find a sense of peace as you do this simple practice?</p>
18		<p>Ask and answer simply:</p> <p>What are the sources of inspiration in my life and how do I connect to them?                      What is one thing I can commit to doing today if I encounter a stressful situation? Place your hands over your heart in a gesture of "installing" your commitment into your being.</p>	<p>To manifest the power of the practice.                      Journaling - jot down one or two lines describing your experience with the practice today. Over time you will learn a lot about yourself.</p>

Can you identify when thoughts arise that cause a stress response in your body?

Can you sit with those thoughts - acknowledging them and the feelings that might also arise? Can you allow them to be there, and can you hold space with patience and self-compassion until those thoughts and feelings naturally subside?

This is the practice of understanding and managing your habitual thoughts and reactions to stress, and of cultivating positive actions to help you navigate the natural tides of your life.

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