



**5 Morning Yoga Tips**  
To Fill Your Day With  
**ENERGY & VITALITY**

Make These Quick Yoga Steps a Part of  
Your Regular Morning Routine

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IN BED WHEN YOU WAKE UP!  
**CHILD'S POSE**  
(BALASAN OR SHASHANKASAN)

**STEP**  
**1**



Roll over when you wake up and do this posture while still in bed. You can also do it on the floor.

Big toes touching and heels falling apart.

Do any one of the three options shown above – vary each day if you wish – hold for two minutes.

Use the blanket or cushion option if you feel discomfort in the knees or have trouble bending forward all the way. Do the knees-apart option to give tight inner leg muscles a fabulous stretch.

This posture stretches and lengthens your spine. It softens your back muscles laterally, which often remain tight and bunched. It opens up and softens your hips, which also often remain tight and tense.



UP ON YOUR TOES!

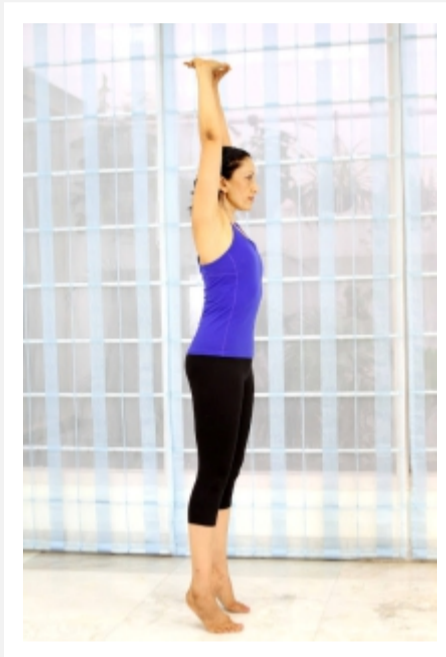
# FULL STRETCH

(TADASAN)

STEP  
2



Front View



Side View – Correct Position



Side View – Incorrect Position  
(called a Swayback or  
Exaggerated Lumbar Arch)

Step out of bed and get up on your toes – interlock your fingers overhead, palms facing up – stretch up tall.

Stretch your entire body upwards.

Resist downwards strongly from your shoulders – don't let them hunch into your ears – press them down firmly so that your arms lengthen upwards.

Resist downwards strongly from your tailbone – keep it lengthening downwards and tucked under, preventing your lower back from arching.

Keep your lower back as stable and flattened as you can.

This posture eases congestion in your intestines and internal organs and it give your muscle fibres and nerves a very beneficial stretch.



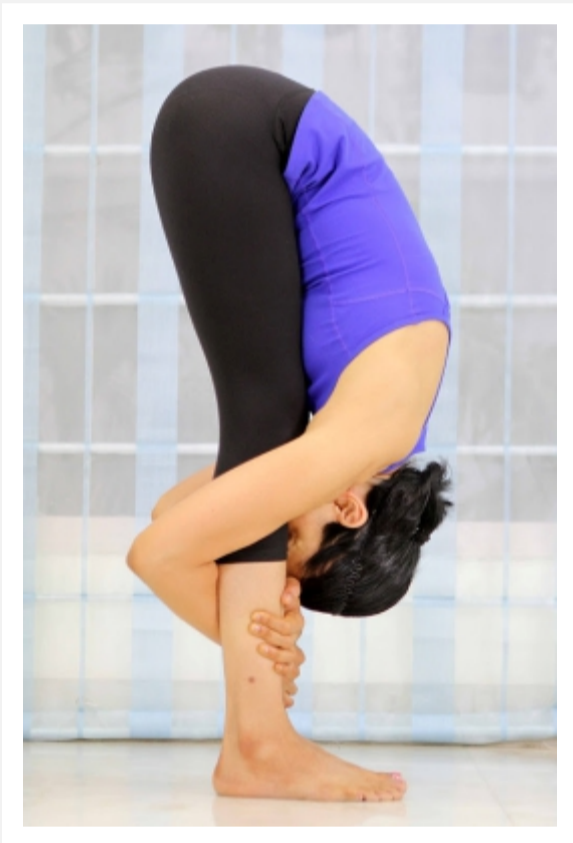
3 POSTURES IN 3 MINUTES BEFORE  
YOU SHOWER!

# HAND TO FEET POSE

(PADAHASTASAN)

STEP  
3

MINUTE 1



For the full stretch, bend down from your hips, lengthening your spine downwards. Touch your toes or go deeper into the stretch by wrapping your arms around your legs and drawing your torso down fully onto your legs.

If you don't want to bend too low – or if you have any condition that prevents bending (like cervical spondylosis (weak neck muscles), high blood pressure, slipped disc, or vertigo) – you can come down halfway, fixing your hands above your knees. Make your lower back concave and look up.

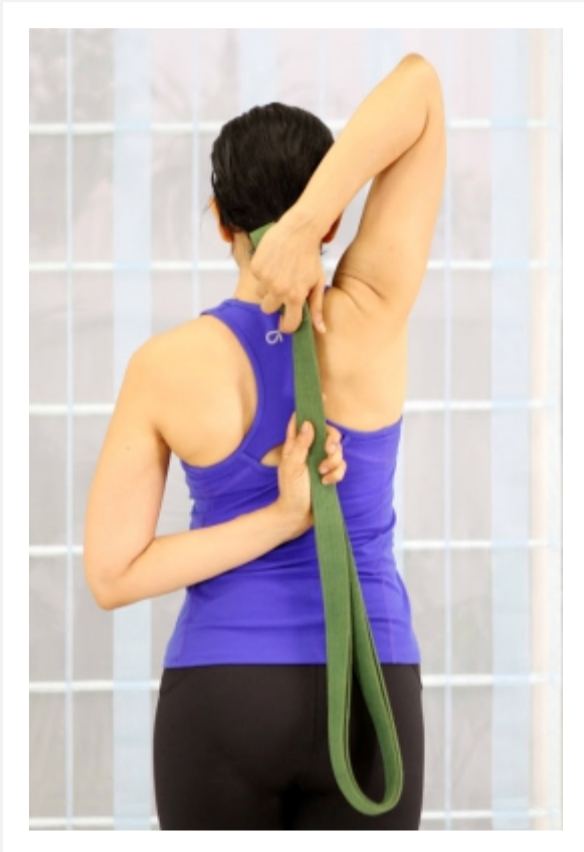
Hold for half a minute.

This posture gives your tight hamstrings (muscles behind the thighs) and calf muscles a great stretch.

# COW FACE POSE

(GOMUKH ASAN)

MINUTE 2



Clasp your hands behind your back with one elbow pointing up and the other one pointing down. If your hands can't meet, use a belt as shown.

To enhance your balance, do this posture standing in TREE POSE (Vrikshasan) with one foot placed on your thigh, as shown. You can also rest your foot anywhere along your leg if you can't raise it up all the way.

Repeat on the other side – Hold for half a minute on each side.

This posture gives your shoulder, arm, and back muscles a great stretch.

# FIERCE POSE

(UTKATASAN)

MINUTE 3



Place your feet hip-width apart and stretch your arms out in front of you at shoulder level.

Lower your hips straight down, as though sitting on a chair.

Lean back slightly, so there are no twinges or pressure on your knees. Feel the strain in your thighs.

Hold for 30 seconds (take one or two breaks if you need to).

This posture strengthens and tones your thighs.

TAKE A DEEP BREATH!  
**DEEP  
BREATHING**  
(PRANAYAMA)

**STEP  
4**



After you shower and freshen up, step into your balcony or garden or near a window.

Take 5 deep breaths.

Inhale and Exhale deeply through your nostrils, keeping your mouth closed. Breathe in and out smoothly – inhale to a steady count of “Om-4” (om1-om2-om3 & om4) and breathe out to a count of “Om-8”.

As you inhale, first expand your abdomen, then your mid body, then your chest – in a smooth flow.

As you exhale, first relax your chest, then squeeze in your abdomen as fully as you can, slowly and continuously.

Yogic breathing fills your lungs deeply with oxygen as you inhale, and drains out carbon dioxide and stale gases from the depths of your lungs as you exhale.



EMBRACE LIFE!

# A MEDITATION

STEP  
5



Pause a moment before you start your day.

Become very still and peaceful, close your eyes.

Say to yourself: "I connect with the spirit within me – more than the body and the mind I am this energy within – I resolve to make this day ahead as meaningful as I can, spreading positivity and good cheer, and holding no grudges."

Through this meditation, you make a positive commitment to yourself  
and to life.