

Short Morning Sequence - 20 to 30 minutes.

Begin with a centering pose for four to six breaths; choose one of the first three below:

<p>Vrksasana OR</p>	<p>Tree Pose- stand with back to the wall until you are comfortable standing away from the wall; sole of the foot just above the ankle or at the thigh</p>	
<p>Virasana OR</p>	<p>Hero Pose - sitting hips on a block; bifurcate calf muscle; lengthen skin over the shin; feet straight back, outside of hips</p>	
<p>Sukhasana then</p>	<p>Easy Pose (Simple cross-legged pose); rest hands palms up on the knees</p>	
<p>Trikonasana - four to six breaths then</p>	<p>Three Angle Pose (Triangle Pose); both legs are straight; groin of front leg is drawn deep; shoulders stacked; rest hand on block(s);</p>	
<p>Bharadvajasana - 4 to 6 breaths; do each side OR</p>	<p>Pose dedicated to the Sage Bharadvajasana; sit on blanket to support hips; legs bent to one side; one hand behind for support, other hand to opposite knee; twist away from legs</p>	
<p>Maricyasana III - 4 to 6 breaths; do each side then</p>	<p>Pose dedicated to the Sage Maricyasana; sit on blanket to support hips; tuck one leg under opposite hip; bend remaining leg over leg on ground; sole of the foot on the floor; wrap opposite arm around knee; twist in direction of the raised leg.</p>	
<p>Salamba Matsyasana - 4 to 6 breaths then</p>	<p>Supported Fish Pose- place bottom edge of bolster at bottom edge of shoulder blades; support shoulders/ head/neck on bolster; legs can be crossed or extended.</p>	
<p>Cross-legged forward bend- stay here 8 to 10 breaths then</p>	<p>Simple cross-legged forward bend; inhale for inner body length then folding forward from the hips; resting head on stacked blocks or the floor; release spine lower to upper;</p>	

Savasana

Corpse Pose; use blanket to support the spine & head; take for at least two minutes, preferably five; release entire physical body to the ground; quiet the mind; gentle breath.

