

Energising Morning Yoga



This sequence is known as a sun salutation and it wakes up the whole body, making it an ideal morning practice. The postures stretch and strengthen all the major muscle groups, and the movement provides cardiovascular exercise. Importantly, this practice can make you feel calm, clear, and in touch with your body.

Sun salutes are traditionally practised facing the sun, so this is a great routine to try if you get the chance to do yoga outside. It can be a complete practice in itself, or a warm-up before adding more poses.

The instructions here are for the first half of one round. To complete the round, repeat the sequence though with your right leg stepping back in **4.** and forward in **9.** Start with three rounds and build up from there. Some people do five or seven, or more.

Remember to let your breath guide the movement, rather than the other way around. Don't worry if you find it hard to follow the breathing instructions straight away, so long as you remain aware of your breath.



1. Mountain
Exhale



2. Extended mountain
Inhale



3. Forward bend
Exhale



4. Lunge
Inhale, left leg back first half of round, right leg in second



5. Plank
Exhale, then inhale



6. Downward dog
Long, deep exhale



7. Child



8. Low cobra
Inhale



9. Downward dog
Exhale



10. Lunge
Inhale, left leg step forward first half of round right leg in second half



11. Forward bend
Exhale



12. Extended mountain
Inhale
13. Exhale and return to **1.**