

Good Morning Yoga Sequence



Lie down on your bed for **Supine Tadasana**. Stretch the legs away from you, and tighten your knees. Flex your feet stretching your toes to the ceiling. Inhale and raise your arms over head. Exhale lower then down and repeat co-ordinating the movement with the breath getting longer each time. **Parvatasana** interlace the fingers right up to the webbing and turn the palms away from you. Raise and straighten the arms. Squeeze the outer upper arms in. You can support your arms on a pillow, if needed.



Supta Padangustasana Hug your right knee towards your your chest. Keep your face relaxed and your chest open. Observe where your knee is and then try to straighten your leg without your knee moving away from your face. **Optional extras.** You can add in some ankle rotations as well.



Window Wipers Stretch your arms out wide. Bend your knees and take your feet a bit wider than hip distance apart. Drop your knees to the right as you exhale. Inhale them back to the centre and repeat on the other side.



Up and down Bridge keep your feet hip distance apart. Slowly raise the buttocks

up to the ceiling, hold for a few breaths and lower down slowly. Build up to 8 of these. (as a variation try to raise your arms up and over your head at the same time co-ordinating the arrival of your arms behind you as your buttocks get to their highest point)



Supta Swastikasana cross your legs (at the centre of the shins if you can manage but at the ankles if your hips are tighter). You can use pillows for support if it helps. Keep your face relaxed and your breath slow and steady.



Supta Baddha Konasana bring the soles of your feet together and part your knees. If it is hard to relax your thighs down use pillows under your knees. Stay here for a few minutes breathing slowly. You can vary this by slowly inhaling the legs up and down.

You can end your session sitting up in bed for a short meditation. I like to use this affirmation *“I see myself flowing through my day handling everything with ease, breathing in flexible, breathing out flowing”*

This handout has been provided for use by members of the Muscular Dystrophy Association. We thank and acknowledge Cheryl Farthing of The Yoga Studio. Please do not distribute without permission from The Yoga Studio.

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