



Morning Routine

On a yoga mat, aiming for 3-5 deep breaths for each stretch.

1. Blow my nose, light a candle, lie down on my back, take a few deep breaths
2. Plow. I put my legs as far as they'll go, and I put my arms behind my head straight, matching my toes



PLOW POSE

3. Roll out of plow slowly then a full body stretch while still lying down.
4. Counter stretch, bring knees to chest – bring knees together to stretch hips, pull them apart to stretch thighs
5. Still on back, arms to the side, knees up, cross right leg over left leg and use right foot to pull left knee over to the right to stretch out left hip flexer.
6. Bring legs back up to centre, and then while still crossed, roll over to your left side, while looking to your right side. This stretches your neck, as well as your lower back. Pull your knee to the ground as gently as possible, while keeping your shoulders on the ground.
7. Bring back to centre, and repeat 5-6 on the opposite side.
8. Bring back to centre, uncross legs, and repeat 4.
9. Come up to sitting position, then put your left leg out behind you, and bend your right leg as though you were sitting criss cross. Lie down on top of your right leg so your knee is pointing forward like an arrow. This may hurt. If you can, tuck your toes under to lift your left leg a bit to add a deeper stretch. Roll around a bit to see how the stretch can change.
10. Do the same thing as 9 with opposite legs.
11. Put both legs in front of you, bend left leg so that your left knee is touching the ground, and grab your right ankle as you stretch forward, stretching out calves and hamstrings. Use your right hand to grab the back of your right foot and pull.
12. Repeat for your left leg.
13. Slowly roll up to standing.
14. Clasp your hands behind your back and lift towards the ceiling as high as possible while pushing your hands out. That's good for neck/shoulders.
15. Legs at hip width, arms up to the ceiling with shoulders down, lean over to your right side and feel the stretch in your left side – go as far as possible.
16. Do the left side of 15.
17. Roll your mat twice to make a little cushion, and do a headstand against the wall. Feel your body release and try to keep your weight in your arms and not on your head. This is the one I think that over time has saved my neck.
18. Roll up slowly and take a few breaths and be mindful of how different your body feels.
19. I like to meditate for 5 minutes after this.