

# Grand Rising



The first moments of each day are really precious. It's a time where we can influence how we are going to think, act and respond for the rest of the day, so it makes sense to make that time positive and inspiring.

Starting your day with yoga sets a positive intention. When we set an intention, we give our efforts a sense of direction. When we start the day in a rushed and scattered way, that invites more of that same energy throughout the day.

If you get up a little earlier (I know, I know) and center yourself on your mat, you create a calm and balanced internal environment that will lead to clarity of mind.

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Simply arrive at your mat. Sit in a comfortable position and just take a moment to breathe and be present. Slowly stretch your neck from left to right, ear to shoulder, up and down and in slow circles each way.

**Hold each pose for at least five slow deep breaths.**



Sitting in easy pose, take 5 long deep slow breaths. On each breath think of something that you are grateful for.



Exhale over into a seated side bend, waking up the side body. 5 slow deep breaths and exhale to center. Switch sides.



On a slow deep inhale stretch your arms straight up with prayer hands. Retain the breath for 3 seconds.



On an exhale gently release into a seated spinal twist. Lengthening on each inhale and relaxing a bit deeper into the stretch as you exhale. Perform for 5 slow deep breaths. **Repeat with stretch #3, inhale up and exhale on the other side.**



Mindful movement always when transitioning. Begin in a tabletop position with knees under hips and hands aligned beneath your shoulders. Inhale drops the belly (cow) and the exhale draws your belly to your spine (cat).



Gently lift the hips up and back. Start with the knees slightly bent, working on lengthening your tail and spine. Straightening one leg at a time, checking in with the hamstrings. **Keep the knees bent if needed so you can maintain a long spine.**



Float the right leg straight back and up keeping the hips squared. Flex your right foot and reach back through your heel and draw up through your back thigh. Keep your standing leg strong and your shoulders squared.



Keeping the core active, slowly step your right foot forward between your hands. Lower the back knee onto the mat, front knee over ankle. Sweep your arms up over head, fingers reaching toward the sky. Lengthen the tailbone down and draw the lower ribs and belly in to support the lower back.



There are various ways to perform this twist. If you are in the beginning stages of your practice or your balance is off today, from your right leg lunge feel free to place your left hand on the ground and stretch up with your right. Sink your hips down as you scissor your legs together.



Placing the hands back underneath the shoulders, step your right foot back into plank pose. Keep the core tight and body aligned from crown to heels. **Repeat from downward dog through low lunge twist on the left side.**



Child's pose is a resting pose. Stay here for a few minutes. Choose the variation of this pose that serves you best today and just be.



With your knees bent as much as necessary, let the crown of your head hang down. Keep the spine well aligned and engage your quads by drawing them up. **The more you use your quads the more your hamstrings will open.** Bring your weight a bit forward into the balls of your feet so that your hips stay over your ankles. **\*Be sure your fold comes from your pelvis, deepening the hip creases and not from your back\***



Finishing your morning sequence in a strong mountain pose. Balanced, grounded and ready to attack the day.

*Namaste*  *-Good Heir*