



MY GOAL

MORNING YOGA

This 5 minute video repeated daily for 30 days creates a new morning routine.

RESOURCES: Yoga with Adriene's 5 minute morning yoga is magical. We do it every morning.

SUGGESTED GOAL PAIRINGS: Drink Water - Eat Healthy

PROGRESS: For every day you begin with your morning yoga, color in the box. Just embrace and enjoy this special time. You'll be amazed your love of this simple routine.

Yoga Pose- Easy Flow Sequence

This series of poses is great to practice every day, it will help you in so many ways. This sequence helps to detox spinal fluids, adjust your back, relax your muscles, build core strength, arm strength, stretch the legs, and much more. Follow the recommended breath sequence breathing 2-3 full inhale and exhale breaths in each posture.

Start → Childs pose- *Balāsana*
(inhale and exhale here to start, 3 breaths)

(Return to child's pose to end your flow, stay there for 3 breaths)

Down Dog- *Adho Mukha Svanāsana*
(Move to this pose on your exhale and breathe 3 breaths here)

Table Top- *Ardha Purvottānasana*
(Inhale to come to table top)

Updog- *Urdva Mukha Svanāsana*
(Move into up dog on inhale, hold for 3 breaths)

Cat- Cow- *Bitilasana*
(Move cat on inhale and cow on exhale, 3 breaths)

High Plank- *Chaturanga*
(Move into this pose on your inhale, hold for 3 breaths)

Cat

Cow

Down Dog- *Adho Mukha Svanāsana*
(Move to this pose on your exhale and breathe 3 breaths here)

Table Top- *Ardha Purvottānasana*
(Inhale to come to table top)

MORNING YOGA						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					