

# Take Home Flow 3-14-09

## Yoga for a Morning Awakening

The Sun Salutation is a great way to wake yourself up in the morning. By alternating forward bending and back bending, the sun salutation gets energy flowing through your body. There are several variations of the sun salutation. This is the one I like to use.

### ***Come to your center***

Sit comfortably. Begin with a few moments to listen to your breath, becoming quietly centered. As you connect with your breath, begin to let your arms flow up and down with each wave of breath, *May I awaken my vital energy.*

### ***Awaken your body***

For a few breaths, play with a few poses to awaken your body and your connection to your movement. Release the neck, open the spine with cat/cow flows, stretch into downward facing dog, release into a standing forward bend. When you are ready, make your way to standing for your flow.

### ***Flow***

1. From standing, hands in a prayer at your heart, inhale and reach for the sky.
  2. Exhale, sinking hips into chair pose.
  3. Inhale to the sky again, adding a little backbend if you want.
  4. Exhale, diving into a forward bend.
  5. Inhale, lifting half way up to a long flat back (hands can be on the legs or the floor).
  6. Exhale, stepping the right leg back to a lunge or kneeling lunge (kneeling lunge pictured).
  7. Inhale, circling arms to the sky.
  8. Exhale, hands circle back to the mat, stepping back.
  9. Inhale, plank or kneeling plank pose.
  10. Exhale, lower down to the low plank.
  11. Inhale, arching up into either cobra or upward facing dog.
  12. Exhale, hips to the sky in downward facing dog.
  13. Inhale reaching right leg to the sky,
  14. Exhale, stepping forward to a lunge or kneeling lunge.
  15. Inhale, circling arms up
  16. Exhale, arms come back to the mat, step forward
  17. Inhale, catching a wave of breath all the way up.
  18. Continue as before, this time with the left leg.
- Repeat as many times as you like.

### ***Receive***

Close your practice with a few moments in final relaxation, receiving the benefits of this core strength building flow.

***I am alive! I am awake!*** ***namaste***



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