

# Rise and Shine and Namaste

*This home practice is to energize and balance the body and the mind in preparation for your day.*

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*Model: Sharon Peck*

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*Photos: Kathy Prekoski*

*The Sanskrit names for the poses are from lineage of Baba Hari Dass*

**Warm Up:** March in place - opposite arm/leg. Start slowly then make the movements faster and larger using more energy. 1-3 minutes

**Mountain/Bhudrasana (Down Dog):** Place hands under shoulders, knees below hips. Inhale tuck your toes under. Exhale, lift your buttocks towards the ceiling then straighten your legs and extend the heels towards floor. Hold 1-5 minutes.

**Cobra/Bhujangasana:** Lie on your stomach, forehead on the floor. Engage the thigh muscles. Place the palms on the floor under the shoulders. Inhale, raise your head, then chest slightly off the floor. Hold 5 seconds. Repeat 3 times.



**Forward Bend/Hasta Padasana:** Stand, with big toes fist width apart. Inhale, raise arms overhead. Exhale, fold forward from the hip crease. Maintain a slight bend in the knees. Let your head hang with neck relaxed. Exhale. Release any tension from the body and the mind for three full breaths. Inhale to a flat back. Exhale - bend the knees and rise up. Float the arms above the head and bring the palms together and to the heart center. Repeat 2 times.

**Tree Pose/Vrksanana:** Begin standing. Find a dristi (gazing point) in front of you. Bring the weight onto the left leg. Place right foot at kick stand at ankle, on calf or above the knee. Inhale. Place your hands in prayer position at the heart center and then raise the arms overhead. Hold for 1 minute and repeat on the other side.

**Legs up/Viparti Karuni Mudra:** Lie on back, knees bent with feet on floor. Place a block under the sacrum. Lift one leg to the ceiling at a time. Soften the face, neck, and shoulders. Hold 3-5 minutes. Lower one leg at a time to bent knees and remove the block.

**Belly Churning/Jathara Parivartanasana:** Lie on back with knees bent. Move hips to the right. Drop knees to the left. Open the right arm to the side. Turn head to the right. 3 full breaths. Repeat on the other side.

