

# Morning Meditation Sequence

Practice this sequence at the start of each day to open the body, preparing you to sit, to settle the mind, and to centre yourself for the day.

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Sit in Sukhasana (Easy Pose), legs crossed and palms of the hands pressed together. By pressing the thumbs to your breastbone you remind yourself to cultivate qualities of the heart during your practice.



Step back on the exhale into Adho Mukha Svanasana (Downward Facing Dog Pose). Lift sitting bones towards ceiling, relax neck down, and gradually start to straighten legs. Take five breaths lengthening the back, arms, and legs.



Bend right knee and take the right toes to left side of mat and right knee forward to touch back of right wrist into Pigeon Pose. Release forward, arms outstretched, chest to leg. Step back into Dog. Repeat other side.



From Dog step right foot forward into Ashva Sanchalanasana (Lunge), fingers touching floor lightly, hips square to the front of the mat. Inhale, lift and open the chest, looking forward.



Step left foot forward, exhale and fold forward from hips into Uttanasana (Standing Forward Bend). Wrap hands around calves or place them on the floor. Bend the knees if necessary to avoid straining lower back. Draw shoulders away from ears.



Step right foot back into Ashva Sanchalanasana, left side.



Step left foot back and release buttocks to heels into Balasana (Child's Pose) with arms extended forward to open the shoulders and chest. Then come up onto the hands and knees.



Bend the elbows, draw the chest between hands and rest pubic bone onto the floor. The navel, while still resting on floor, draws back to the spine. Lift the chest and drop the shoulders away from the ears.



Press back onto hands and knees, knees directly under hips, shoulders directly over wrists. Inhale, look forward. Lift the sitting bones and have the chest looking forward with the neck extended.



Exhale, arch into Bidhalasana (Cat Pose) by drawing chin to chest, chest to ceiling and buttocks tuck under. Repeat several times.



Stretch left leg out behind, take right knee to centre of mat, right foot to left side of mat. Place the left knee behind right, left foot to right side of mat. Sit between heels.



Move into a twist to your right side, left arm crosses to outside of the right thigh.



Release twist and come into Eagle Pose bringing left elbow on top of right, wrapping forearms and pressing palms together. Draw shoulders down as the bottom elbow presses up and the top elbow down. Release arms. Change sides, left leg on top, repeating twist and arm variations on the left side.



Release legs and balance on the sitting bones in Boat Pose. Begin with legs bent, progressing to raising the feet in line with knees, then to straightening the legs and taking hold of the big toes and opening legs wide.



Release to sitting in Sukhasana with the eyes closed, arms outstretched, the backs of the hands on the knees and the thumb and first finger touching.



Begin alternate nostril breathing. Right hand rests with index and middle finger on third eye with thumb on right side of the nostril, ring finger on the left side of nostril. Close left nostril, exhale, inhale right side, close right nostril exhale, and inhale through the left. Repeat several times.