

10 MINUTE STANDING YOGA SEQUENCE

perfect for before a Zoom call or on a work-break

Stand in Tadasana/Mountain Pose: feet hip width distance apart, soft bend in the knees, neutral pelvis, lower ribs tucked in, lift through sternum, reaching up through crown of the head.

Notice how you feel standing in the space you are in.

Feel the pace of your breath.

Sun Breaths: on an inhale slowly lift your arms up over head taking an extra beat at the top to reach through finger tips while pressing down through your feet, exhale flip the palms to face down and slowly release arms back down.

Take the full length of your inhale to lift arms and full length of exhale to release arms. Repeat 5X.

Sun Breaths with Sound: Inhale arms up over head, exhale with the sound

Aaaahhhh. Inhale arms up over head, exhale with the sound *Oooooohhhh*.

Inhale arms up over head, exhale with the sound *Mmmmmm*.

Inhale arms up over head, exhale with the sound *Ahhhhooooohhhmmmmm*.

pause and notice how you feel.

Lateral Stretch: Inhale arms up over head, grasp right wrist with left hand, exhale and side bend to the left. Inhale to center. Exhale switch the grasp of wrists and bend to the other side. This is one round. Repeat 3 rounds.

pause and notice how you feel.

Empty Coat Sleeves: slightly widen your stance and swing your arms. One arm reaches in front across your body to the opposite hip as the other arm reaches behind across your body to the other hip. Keep alternating.

Allow yourself to be really loose and free with this movement even letting your arms smack the other arm and side body. Pick up the pace and then when you're ready gradually slow down until you eventually find stillness again.

pause and notice how you feel.

Standing Cat/Cow (spinal flexion and extension): bring your palms to your thighs, inhale as you slide the hands down toward your knees and send your hips back in space as if sitting in an invisible chair behind you. Keep your spine extended/arched. When your palms reach your knees exhale as you round your spine and come back up sliding the hands back up to the tops of your thighs. This is 1 round. Do 5 rounds (or as many rounds as you'd like!)

pause and notice how you feel.

Balancing Quad Stretch: While standing shift your weight into your left foot, bend your right knee and take hold of your right foot with your right hand. Take 5 cycles of breath. To deepen the stretch slightly bend your spine toward the left. Release the foot back down. Shift your weight into your right foot and take hold of your left foot in your left hand. Take 5 cycles of breath. Release the foot back down.

Now sit down, notice how you feel, and then move on to your next activity!

Wishing you deeper breaths and greater joy!