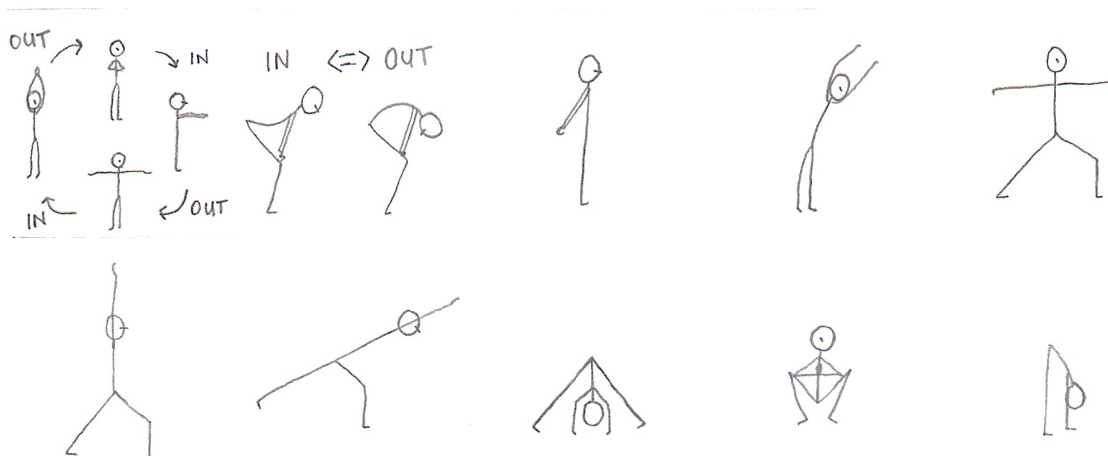


## Tiny Yoga: Energizing Standing Sequence

This is a simple little routine you can do anywhere when you find yourself needing a boost. The poses may be familiar enough that, with a little practice, you will easily remember the sequence.



1. Smile – really, make yourself do it 😊 Then find a space to stand where you have room to stretch your arms wide apart and hang forward. You can wear shoes, socks, or bare feet for this practice. Feel gravity and take a breath to centre yourself. I have started you breathing for three to five breaths in each pose but you can hold longer when you feel ready.
2. Clearing breath: Bring your hands to prayer position at your chest and take a deep breath. *Inhale* keeping your hands in prayer position aim your fingers forward and straighten your arms. *Exhale* when your arms are straight turn your hands away from each other and open your arms wide like doing a breast stroke. *Inhale* when your arms are wide and turn your palms up, raise your arms overhead and bring your hands to prayer position. *Exhale* and lower your hands back down to your chest returning to where you began. Repeat 3 times and imagine clearing a space of ease and moving distractions out of the way.
3. Standing cat: While standing, bend your knees and lean forward putting your hands on your thighs, lengthen your spine. *Inhale* and lift your sitting bones to begin an arch in your back then roll your chest open and bring your head up to look forward. *Exhale* and scoop your tailbone under, round your spine and shoulders, let your head hang forward. Move from your hips upward toward your head with each breath. Repeat 5 times.
4. Yoga mudra: Standing upright bring your hands behind your back and interlace your fingers. Roll your shoulders back and relax them down your back. *Exhale* and straighten your arms behind you pushing your hands down while away keeping your spine long. You can lean forward into a small forward bend if that is comfortable. Hold for 3 breaths.

## Tiny Yoga: Energizing Standing Sequence

5. Standing side bend: *Inhale* and bring your arms overhead. *Exhale* and lean to one side while keeping your weight grounded through both feet. Relax your shoulders and allow opening through your ribs. Hold for 3 breaths on each side.
6. Warrior 2: Step your feet a wide stride apart then turn your right foot to face the right, turn your left foot a half way to the right. Bend your right knee about half way and keep your left leg straight. Balance your weight between both legs. *Inhale* and bring your arms to shoulder height with your right arm lengthening forward over your right leg and your left arm back over your left leg. *Exhale* and expand from your centre out through your arms and legs becoming wider. Take 3 breaths here.
7. Warrior 1: Keep your right leg bent and stable and your back left leg straight. *Inhale* and bring your arms up overhead, shoulder width apart with your palms facing inward, it's ok to have your elbows bent. Turn your body to face to the right, in the direction of your right foot. *Exhale* and anchor your back foot down, feel yourself grow taller from that point up to your fingertips. Hold for 3 breaths.
8. Warrior 3: Keeping the same orientation as Warrior 1 bring your arms down by your side. *Inhale* and find a focal point to rest your eyes and lean forward bringing your weight to your right leg. *Exhale* and push off your back leg gently and balance on your front leg bringing your back toes off the floor. If you can straighten both legs. Try to maintain alignment through your body and a long spine . Hold for 3 breaths.
9. Wide leg forward bend: Bring your back leg down a stride behind you. Turn both feet facing to the side and let your body hang forward for 3 breaths. *Exhale* while you slowly bend your knees and uncurl up to standing with your legs still wide apart.
10. Repeat steps 6, 7, 8, and 9 to the left side.
11. Squat: From hanging forward in wide leg forward bend step your feet closer together but still wider than your hips. *Exhale* and bend you knees and lower your body down to a squat. If your knees do not allow you to go that low put your elbows on your knees and stay in half squat. If you can lower all the way down relax your hips, lift your chest. Take 3 breaths here.
12. Uttanasana: Straighten your legs and bring your feet hip distance apart, let your body hang forward. Let your arms and torso sway a little from side to side and let your neck go. Breathe and stay here as long you like!

## **Tiny Yoga: Energizing Standing Sequence**

13. Standing prayer: From standing forward bend, bend your knees and slowly uncurl your body to standing tall, *inhaling and exhaling* slowly as you go. Bring your hands to prayer position or hang your arms by your side and stand for 5 deep breaths.