

Hello Yogaroots Yogi's!

Our yoga community is welcoming in a calm and knowing way. I hope that when you are in the studio you feel respected for who you are and what you need.

This is a chance, however, to start something at home... remember that you have yoga with you all the time.

I'm into mindfulness, as you probably already know 😊, and it's getting a lot of press lately. I am so glad this kind of awareness is seeping into mainstream media, the medical system, and schools. I have been teaching mindfulness and you have been practicing it at Yogaroots for many years. The mindfulness you practice in the studio is based on your movement, your breath, your sensations.

Incorporating mindfulness everyday is easy and daunting at the same time. When we are mindful we start to see and experience things more fully which can be both ecstatic and uncomfortable. You can see the paradox here, more awareness doesn't always lead to bliss, it takes you into yourself where you will find truth and joy and so many other amazing things. The journey is hard but don't give up, it's worth it.

Here is a place to begin: a little sequence to do when you get up in the morning, it takes 5 minutes or less, literally, sitting on the edge of your bed, or at your kitchen table, or in your favourite chair and just doing those instinctive and yummy morning stretches.

This isn't meant to be a lot of work, or to get your heart going, or to magically fill you with energy to face the day boldly! This is a tiny practice meant to connect you to your body. That's it. Simple. A starting place.

Now make it a habit, just like brushing your teeth to keep them strong, we can care for our body in the same way. It's essential really:

If you don't brush your teeth they will fall out and you won't have them any more. (Ok, that's a bit extreme but you get the point!)

If you don't move your body you will become stiff and stagnant and you won't be able to move anymore.

Hopefully you can easily print it out to have on your bedside table!

Morning Yoga Wake Up

1. Sit on the edge of your bed or chair and interlace your fingers. Turn your hands away and stretch your arms up, yawn or take a deep breath. Lean back a little enjoy your first morning movements.
2. Keep your hands in this position, your arms straight, and lower your arms down in front of you stretching forward. Round your back and hang your head forward. Wake up the back of your body slowly, spread out those tired places.
3. Sit upright again and put one hand on the bed beside you and the other arm over head. Lean towards the side of your lower arm into a side bend. Hold for a few breaths, or another yawn. Repeat on the other side.
4. Give yourself a hug and do 3 rolling cat movements, rounding your back then sit up straight as you breathe. Keep your hug going all the way through.
5. Sit upright again bring your feet hip distance apart, scoot to the edge of the bed or chair and do a few sitting cat breaths while moving your spine. You can put your hands on your knees and lean forward a little to get more movement.
6. Let go and hang forward over your legs in a relaxed forward bend, drop your arms and head. Just let everything be heavy for a few moments and rest.
7. Sit up again and bring one foot up to the opposite thigh and let your lifted knee rest out to the side. You may need to help that foot up to your leg. You can even lean on the upper leg for a few moments to get your hip moving.
8. Hold your ankle and rotate your foot in both directions with your other hand a few times. Repeat on the other side. I find this feels soooo good for stiff ankles. Then sit and rest as long as you need to, sigh a little or rub your eyes and forehead 😊
9. Stand up! Repeat the arm stretch that you started with (interlacing your fingers and turning your hands away to straighten your arms) and take another big breath or yawn. This time lean a little side to side while you're up there.
10. Bend your knees, lean forward and put your hands on your thighs and do 5 or 6 rolling cat breaths. (standing cat)
11. Hang forward in a loose forward fold. Bend your knees as much as you need to. You are not looking for a deep stretch here, you will be stiff, just let your arms and head hang and relax your hips. Sway and swing a little, take a deep breath.
12. Roll to standing upright and gently roll your neck 3 times in each direction. Small movements are better here. Another deep breath!
13. Stand on one foot and then the other a few times shifting your weight side to side to balance on each foot. While you are balancing wiggle the toes of your standing foot and try to shift your weight a little forward and back.
14. Stand relaxed with both feet on the ground, upright and attuned to the sensation of your feet. Breathe 10 ujjai breaths (breath with an ocean sound in your throat). These could be deep or shallow, long or short. Ten breaths thinking about the sensations and sounds. Count your ten breaths and try not to lose track.

At this point you can crawl back into bed if you need a few more moments to rest, enjoy your morning coffee or tea, or continue on with your day!