



# Easy morning routine

■ Beginner

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A quick and easy morning flow to gently stretch and wake the body up!

5-7B Breathe-Natural 1m 1. **Easy Pose Variation Arms Knees** ■ Sukhasana Variation Arms Knees

Come into a comfortable seat of your choice. Sit up tall. Allow the sit bones to get heavy on the mat, lengthen your spine and relax your shoulder. Breathe long & deep. Bring your awareness to your breath.



5-7B Breathe-Natural 30s 2. **Easy Pose Neck Rotation** ■ Sukhasana Neck Rotation

Tuck your chin into your chest and then begin to draw large circles with the tip of your nose. Move slowly and steadily, and continue to breathe naturally. Do not hold your breath at any point.



5-7B Breathe-Natural 30s 3. **Easy Pose Neck Rotation** ■ Sukhasana Neck Rotation

Come back to centre, tuck the chin in again and begin in the opposite direction - drawing circles with the tip of your nose.

Check in with your spine at this point and make sure you're still sitting up straight.



3-4B Breathe-Natural 30s 4. **Revolved Easy Pose** ■ Parivrtta Sukhasana

Place the right palm on the left knee, the left fingertips behind you. Inhale - lengthen your spine, exhale - twist. gaze beyond your left shoulder. Breathe steadily.



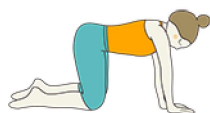
3-4B Breathe-Natural 30s 5. **Revolved Easy Pose** • Parivrtta Sukhasana

Place the left palm on the right knee, the right fingertips behind you. Inhale - lengthen your spine, exhale - twist. gaze beyond your right shoulder. Sit up tall.



2B Breathe-Natural 10s 6. **Table Top Pose** • Bharmanasana

Come into a table top position by placing your wrists under your shoulders, knees under the hips. Point the toes out. Maintain a neutral spine and neck.



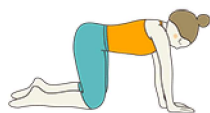
10B Breathe-Natural 1m 7. **Cat Cow Pose Variation Wide Legged** • Bitilasana Marjaryasana Variation Wide Legged

Widen the knees slightly from tabletop. As you inhale, drop the belly and gaze up. And as you exhale, round the back, tuck your chin to your chest. Repeat 4-5 times.



2B Breathe-Natural 10s 8. **Table Top Pose** • Bharmanasana

Come into a table top position by placing your wrists under your shoulders, knees under the hips. Point the toes out. Maintain a neutral spine and neck.



3B Inhale-Exhale 5s 9. **Downward Facing Dog Pose** • Adho Mukha Svanasana

As you exhale, lift the hips upwards and backwards, towards the ceiling. Place the palms firmly on the ground. Spread all the fingers, press down on the fingertips, press down on the knuckles. Shift your weight back onto the feet.



1B Exhale-Inhale 5s 10. **Half Forward Fold Hands On Floor** • Ardha Uttanasana Hands On Floor  
On the next inhale, step front into a half fold.



7-10B Breathe-Natural 30s 11. **Dangling Pose** • Baddha Hasta Uttanasana  
Cross the arms and shift your weight slightly to the front, onto the base of your feet. Press down on the big toes, relax the 8 smaller toes. Relax the muscles in the back and hang the head down.

Yogi's choice to sway the torso side to side for the last few breaths or continue to fold forward at the centre.



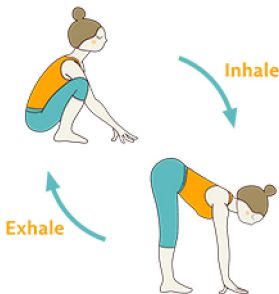
1B Breathe-Natural 5s 12. **Half Forward Fold Hands On Floor** • Ardha Uttanasana Hands On Floor  
Release the arms and place the palms on the mat in front of you and separate your feet to almost mat-width apart.



5B Breathe-Natural 15s 13. **Garland Pose** • Malasana  
On the next exhale, slowly sink the hips down towards the mat. Press the palms together in namaskara mudra in front of the chest. Press the feet down firmly on the mat, lift the chest up. Separate the knees with your elbows. Maintain a straight spine and a neutral neck. Gaze straight ahead.



10B Breathe-Natural 45s 14. **Garland Pose Standing Forward Bend Pose Flow** • Malasana Uttanasana Vinyasa  
Repeat the previous two poses dynamically, moving with your breath. Inhale - palms on mat, lift the hips up. Exhale - sink the hips and lift chest, palms / fingertips stay on the mat.



3B

Breathe-Natural

10s

15. **Garland Pose** • Malasana

Once again settle into Malasana, press the feet down firmly on the mat, lift the chest up. Separate the knees with your elbows. Maintain a straight spine and a neutral neck. Gaze straight ahead.



5-7B

Breathe-Natural

30s

16. **Staff Pose** • Dandasana

Place the palms by the side of your hips and bring the hips down on the mat. Stretch the legs out straight. Bring the feet together - big toes touching, two finger gap between the heels. Tighten the calf-muscles, pull the knee-cap up, tighten the thighs, toes pointed towards the ceiling. Lengthen the spine and relax your shoulders. Palms placed on the mat on either side of the hips.



7-10B

Breathe-Natural

30s

17. **Boat Pose Variation 1** • Navasana Variation 1

Bend at the knees, walk the heels back until you feel a flatness near your tailbone. Balance on it, slowly lift the feet up to bring the calves parallel to the floor. You can hold the back of your thighs with your hands or stretch the arms out straight. Breathe steadily as your gaze at your big toes.

Suck the belly in, keep the chest lifted and find stillness in the pose.

To dismount, straighten the torso, stretch the legs out straight to come back to Dandasana.



5-7B

Breathe-Natural

30s

18. **Seated Forward Bend Pose A** • Paschimottanasana A

On your next inhale - lengthen your spine, and exhale - fold forward. reach your arms towards your feet, grab hold of the big toes with your index and middle fingers. With every exhalation, try to mover further forward.

To dismount, stretch the arms forward and straighten the torso to come back to Dandasana.

Variations - if you're unable to reach your toes. you can grab hold of the ankles or your calves. Alternatively, you can also bend at the knees and fold forward.

Restriction - please release the pose immediately if you feel a sharp pain your back. Those with back injuries or back pain should be very careful while attempting any forward folds. You may also choose to skip this pose.



5-7B

Breathe-Natural

30s

19. **Seated Straddle Pose Prep** • Upavistha Konasana Prep

Separate the legs into a V. the toes can either be flexed as shown here, or pointed. Inhale - lengthen your spine, lift the chest. Exhale - fold forward and place the palms on the mat. With every exhalation, bend at the elbows more and move further forward. Gaze -3-4 feet in front of you.

To dismount, straighten the torso, bring the legs together to come back to Dandasana.

Variations - if you're unable to reach your toes. you can grab hold of the ankles or your calves. Alternatively, you can also bend at the knees and fold forward.

Restriction - please release the pose immediately if you feel a sharp pain your back. Those with back injuries or back pain should be very careful while attempting any forward folds. You may also choose to skip this pose.



5-7B Breathe-Natural 30s 20. **Butterfly Pose A** • Baddha Konasana A

Bend at both the knees and bring the soles of the feet together. Inhale - lengthen your spine, lift the chest. Exhale - fold forward and bring your chest towards the feet. Gaze -3-4 feet in front of you.

To dismount, straighten the torso, stretch the legs out straight to come back to Dandasana.



5-7B Breathe-Natural 30s 21. **Sage Marichi Pose C** • Marichyasana C

Bend at the right knee and place the right foot close to the left thigh, as close to the groin as possible. Place the right palm behind you. Inhale - lengthen your spine, exhale - twist towards the right and hook the left elbow to the outside of the right knee. Gaze beyond the right shoulder.

Be mindful not to dump the weight into the hand placed behind. Hold yourself up with your core. Keep the belly suck in, breathe through your chest.

To dismount, release the twist and stretch the legs out straight to come back to Dandasana.



5-7B Breathe-Natural 30s 22. **Sage Marichi Pose C** • Marichyasana C

Bend at the left knee and place the left foot close to the right thigh, as close to the groin as possible. Place the left palm behind you. Inhale - lengthen your spine, exhale - twist towards the left and hook the right elbow to the outside of the left knee. Gaze beyond the left shoulder.

Be mindful not to dump the weight into the hand placed behind. Hold yourself up with your core. Keep the belly suck in, breathe through your chest.

To dismount, release the twist and stretch the legs out straight to come back to Dandasana.



5-7B Breathe-Natural 30s 23. **Cobra Pose** • Bhujangasana

Stretch the legs out straight, toes pointed. Rest the forehead on the mat. Place the palms on either side of your face, and hug the elbows in close to the torso. Exhale completely, and as you inhale, press the palms and lift the chest up. Maintain a neutral neck, roll your eyes and gaze at the ceiling.

Be mindful not to strain the neck upwards. Do not allow the elbows to move outwards, keep them tucked in close to the torso, even if bent. Relax the shoulders downwards.

To dismount, slowly release the pose and bring the forehead back on the mat.



5-7B Breathe-Natural 30s 24. **Bridge Pose** • Setubandha Sarvangasana

Stretch the arms put straight, move the heels such that the tip of your middle fingers just touch the heels. Plant the feet down firmly. Tighten the muscles in the thighs, squeeze the muscles of the butt. On the next inhale, lift the hips up towards the ceiling.

Move the chest towards the chin, chin towards the ceiling.

To dismount from the pose, slowly bring the hips down on the mat and stretch the legs out straight.



7-10B Breathe-Natural 30s 25. **Wind Release Pose** • Pawanmuktasana

Bend at both the knees and hug the knees in towards the chest. Wrap the arms over the bent legs, pull the knees in closer to the chest.

Yogi's choice to either hold still or roll from side to side, gently massaging the back.



7-10B Breathe-Natural 30s 26. **Belly Section Pose** • Udarakarshasana

On an exhale, drop both knees to the right, stacked on top of each other. Bring the feet also down on the mat to rest them. Yogi's choice to have the arms bent with palms at the back of the head (as illustrated) or stretched out by the sides, palms facing the floor. Gaze towards the left.



7-10B Breathe-Natural 30s 27. **Belly Section Pose** • Udarakarshasana

On an inhale, bring the knees back to center. And on the next exhale, drop both knees to the left, stacked on top of each other. Bring the feet also down on the mat to rest them. Yogi's choice to have the arms bent with palms at the back of the head (as illustrated) or stretched out by the sides, palms facing the floor. Gaze towards the right.

To dismount, slowly come back to centre, release the arms and stretch the legs out straight.



7-10B Breathe-Natural 30s 28. **Happy Baby Pose** • Ananda Balasana

Bend at both the knees, separate the knees, lift the feet up towards the sky. Take your arms through the knees and hold the feet - either the outer edges of the feet, or the big toes with the index and middle fingers.

Pull the knees towards the armpits, lift the feet towards the ceiling. Rest the lower back against the mat completely.

Yogi's choice to either hold still or roll from side to side, gently massaging the back.



Breathe-Natural 3m 29. **Corpse Pose** • Savasana

Stretch the legs out straight, separate the legs, allow the outer edges of the feet to fall onto the mat. Separate your arms, allow the armpits to breathe, palms facing the ceiling. Gently close your eyes and rest.

Try not to drift off to sleep and be still.

Do not skip or shorten shavasana. It is as important as the rest of your practice, if not more!





Srividya is a Yoga Alliance (US & UK) certified Vinyasa yoga teacher. Her journey began in 2006 when she turned to yoga to heal a back injury, and she has never looked back since. While she has also been working in the finance sector for the past decade, her passion for yoga has only grown with every class she has taken and taught.

She started 10 Elephants Yoga to align her passion and her work. At the heart of it all is her belief that we should all “care for our bodies like we would in a world where mirrors didn’t exist!”. Her classes are structured with a strong regard for traditional yoga and its mindful practice. She hopes that her students too may find the clarity and peace yoga brought into her life.

Srividya currently lives in Bangalore, and teaches both in person and online at 10 Elephants Yoga.