
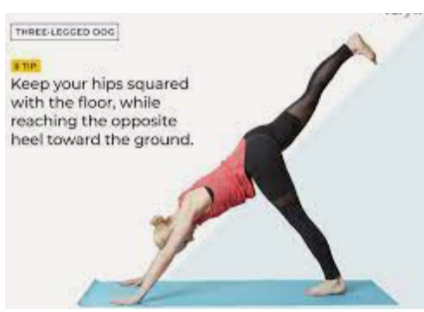








Let's Practice Good Morning!

<p>Standing</p>	<p>Mountain Pose Tadasana</p> <ul style="list-style-type: none"> • Arms by your side • Arms Up 	 <p style="text-align: center; font-size: small;">Mountain Pose</p>
	<p>Half Forward Bend/Down Dog Hybrid at wall or to a chair seat</p>	
	<p>Hamstring Stretch</p> <ul style="list-style-type: none"> • Arms overhead • Orienting Forward • Foot to chair seat or back rim; with or without blocks for elevation 	 <p style="text-align: center; font-size: x-small;">Tummee.com © Tummee.com</p>
	<p>Forward Bend Uttanasana</p> <ul style="list-style-type: none"> • Extended • Released hands to blocks 	

<p>Chair Utkatasana</p> <p>Forward Bend Uttanasana</p> <ul style="list-style-type: none"> • full release 					
	<p>Downward Facing Dog Adho Mukha Svanasana</p>	 <p>Downward Dog</p>			
<p>Extended Side Angle Pose Utthita Parsvakonasana</p> <ul style="list-style-type: none"> • foot in chair seat • Orienting to side • or variation 					
<p>Wide Legged Forward Bend Prasarita Padottanasana</p> <ul style="list-style-type: none"> • blocks under hands as needed 					

<p>Lunge to Chair seat or Bent Knee to Chair Seat</p> <ul style="list-style-type: none"> • Revolving Twist 	
<p>Wide Legged Forward Bend Prasarita Padottanasana</p> <ul style="list-style-type: none"> • blocks under hands as needed • then walking hands to the side and staying and breathing into the side lengthening 	
<p>Downward Facing Dog Adho Mukha Svanasana</p>	<p>Downward Dog</p>
<p>Low Lunge Anjaneyasana</p> <ul style="list-style-type: none"> • balance base • raise arms • revolve into twist 	

	<p>Downward Facing Dog Adho Mukha Svanasana</p> <ul style="list-style-type: none"> • extend one leg up and back pelvis “level” • bend knee and lower foot to back side of hips moving into a twist • gaze is generally looking under the raised leg side arm pit 	 <p>Downward Dog</p>  <p>THREE-LEGGED DOG TIP Keep your hips squared with the floor, while reaching the opposite heel toward the ground.</p> 
Rest and Ground	Stick Pose Dandasana	
Restorative	Supported Seated Forward Bend Paschimottasana	 <p>Supported Reclining Rest</p>   
	Corpse pose Sivasana	