

Trillium Wellbeing - Yoga

Morning warm-ups

Reclining:

- Symmetrical stretch
- Knees to chest – variations
- Core work
- Big toe pose – hamstring, adductor, abductor stretch with strap
- Lemur – happy baby
- Pelvic tilts and/or bridge
- Reclining twist

Floor:

- Cat inhale - exhale
- Cat to down dog
- Down dog to pigeon
- Down dog – to mountain



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Morning warm-ups , con't:

Standing:

- Mountain – extended mountain
- ½ moon/side bend – prop
- Sun breath – forward bend to flat back – repeat several times
- Lunge on each side

Floor:

- Child

Reclining:

- do whatever comes naturally
- Shavasana – final relaxation

