

# Wake Up, Shake Up

## and Get Your Energy Flowing

**M**orning time is precious as there's often a lot to achieve; however, if you want to start your day in the best possible state of mind, a few minutes on your yoga mat will be time well spent. Yoga practices are designed to help you focus and be in the present moment, claiming those precious moments for yourself, so you can perform at your best for the rest of the day.

There are many energising yoga practices to choose from, twists are great for kick-starting your metabolism, gentle mobilisation of your joints relieves stiffness, stretching brings blood to your muscles and weight-bearing poses build strength. Try them all out when you have plenty of time, adapting the poses for your own body, then mix and match depending on the time available each morning. Add resting poses between the sitting, kneeling and standing sections if necessary.



### Easy Seated Pose (Sukhasana)

Sit on the floor however you feel most comfortable. If you find it difficult to sit on the floor, try sitting on a cushion to raise your hips or lean against a wall. Keep your upper body lifted, draw your shoulders down, rest the hands on the legs and close your eyes. How do you feel? Listen to your natural breath for 1 to 2 minutes. Blink your eyes open.



Video: <https://youtu.be/3uCCNVg4xA8>



### Revolved Easy Pose (Parivrtta Sukhasana)

From your sitting position, lengthen up through your spine and turn at your waist round to one side, take your hands with you so one hand goes behind you and the other holds the opposite knee. Hold this position for 5 breaths, then release and repeat on the opposite side. Go twice to each side.



Video: <https://youtu.be/yAAaWuJ20g>

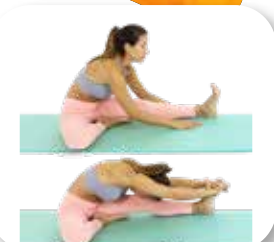


### Crossed-Leg Forward Stretch

Sit with your legs crossed. Place your hands out on the floor in front and walk them away from your body swaying slightly side to side. Fold your upper body on or towards your crossed legs as far as the stretch will allow. Hold for 5 breaths, come back up, cross your legs the opposite way and repeat.



Video: <https://youtu.be/QjKclB68W-g>



### Head Towards Knee Pose (Janu Sirsasana)

Begin sitting on the floor with your legs outstretched. Bend your right knee and place the sole of the foot next to the left thigh. Flex through your left heel and point your toes upwards. Stretch the arms forwards, parallel with your legs, and rotate your upper body towards your left leg. Sway side to side as you fold your body forwards, head towards your knee. Hold for 5 breaths. Repeat on the other side.



Video: <https://youtu.be/ZSNT6MgpK5g>



### Staff Pose with Twist

Sit with both legs outstretched, bend your right knee and bring your right foot onto floor. Place your right hand behind your right hip with fingers pointing back. Take hold of your outer right knee with your left hand. Engage your core and rotate your torso to the right. Pause and breathe here, release and repeat on the other side.



Video: <https://youtu.be/ZL629DdZGPs>

### Gate Pose Flow

Begin in kneeling, take your right leg out to the side with toes pointing forward, carefully bend to the opposite side and place your left hand on the floor. Take your right hand behind your head. Gently turn your body and bring your right elbow towards your left elbow, then open out again. Breathe steadily as you



repeat this twist 5 times. Return to kneeling position and swap sides.

Video: <https://youtu.be/Z2pL4dJZGUA>

### Gate Pose with Leg Raise

From the same starting pose, swing your right arm overhead past your right ear so that your right leg and arm create a long diagonal line. Take your right arm to vertical, raise your right leg off the floor, try looking down to your hand if you feel unsteady. Hold briefly, repeat the lift 2–3 times, then try on the opposite side.



Video: <https://youtu.be/2g4FOBSEzC>



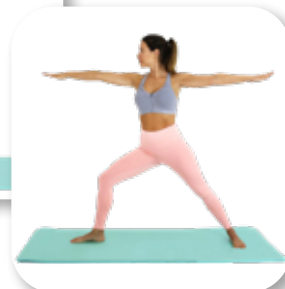
### Warrior 1 (Virabhadrasana 1)

Stand tall with your feet hip width apart. Bend both knees, take a big step back with your left foot, keep right knee bent, turn your left foot out to the corner of your mat and straighten your left leg. Have your weight between each leg, look forward and raise both arms up. Hold a strong, steady gaze for 5 breaths.



Repeat on the other side.

Video: <https://youtu.be/mJ8tC16Pt0>



### Warrior 2 (Virabhadrasana 2)

From Warrior 1, open your arms in line with your legs, allow your chest and hips to open a little to the side. Draw your shoulders down your back and look along and



beyond your fingertips. Hold for 5 breaths. Repeat on the other side.

Video: <https://youtu.be/stlHFpjSne8>



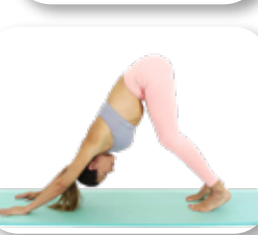
### Deep Forward Fold (Uttanasana)

Begin standing, micro-bend the knees. From the hips, fold your upper body and arms down to the floor. Connect each hand to the same leg where they



reach or by your feet. Relax the back of your neck. Hold for 5 breaths.

Video: <https://youtu.be/kegT9IZBtFg>



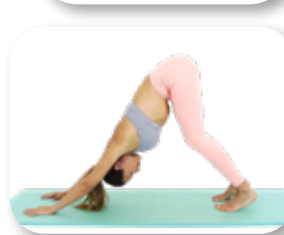
### Downward Facing Dog Pose (Adho Mukha Svanasana)

From forward fold, bend your knees enough to put your hands on the floor in front of you, look forwards and walk your hands along your mat until your heels raise off the floor. Share your weight evenly between your hands and feet. Tuck in your chin, lift your belly button, point your tail bone to the sky and gaze between your feet. Hold for 5 breaths, then lower your



knees to the mat, rest then repeat from all fours.

Video: [https://youtu.be/\\_nMxovj4oFY](https://youtu.be/_nMxovj4oFY)



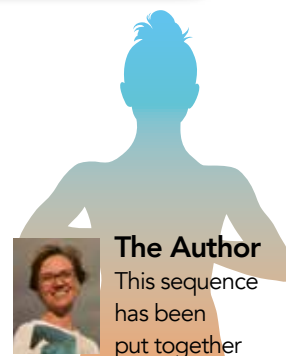
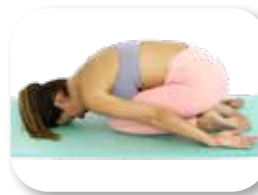
### Child's Pose (Balasana)

From kneeling, fold forwards from your hips so that your upper body rests on your thighs and your forehead rests on the mat or folded hands. Breathe deeply into your back, releasing tension as you exhale. Stay here for 1 to 2



minutes if it's comfortable, then lie on your back for 3 to 4 minutes.

Video: [https://youtu.be/6v\\_ksbLKoJM](https://youtu.be/6v_ksbLKoJM)



#### The Author

This sequence has been put together

by Alex Reed, a yoga teacher from Wimbledon, London, UK, trained by the British Wheel of Yoga. She is passionate about making yoga accessible to all bodies and sharing the physical and mental benefits of yoga with busy people everywhere. She offers mixed level yoga classes online, in-studio and on retreat via [www.goodlifeyoga.co.uk](http://www.goodlifeyoga.co.uk)