



Morning Energizer

Celestial Spirit
Mind | Body | Spirit
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• 10 mins

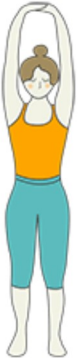
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5B Inhale-Exhale



1. **Mountain Pose Arms 45 Degrees** Tadasana Arms 45 Degrees
Start with the mountain pose: stand with your feet shoulder width apart, hands by your side. Take a deep breath and as you inhale, sweep your arms up above your head and hold them at a 45 degree angle, with your palms facing the sky. Exhale. Hold the posture for a few more breaths.

5B Inhale-Exhale



2. **Palm Tree Pose** Urdhva Hastotanasana
Now touch your hands together and interlock your fingers, with your palms facing upwards. Keep your shoulders down and release any tension in the neck. Take a deep breath and really stretch into the pose, lengthening your spine and arms. Exhale. Hold the posture for a few more breaths.

5B Inhale-Exhale



3. **Upward Salute Side Bend Pose** Parsva Urdhva Hastasana
Bring your feet together and stretch your arms above your head, with your palms lightly touching. Clasp your hands together, with both index fingers pointing up. Now slowly lean to the left and as you inhale, feel the stretch down the side of your body. Don't over do it. Exhale. Hold for a few more breaths. Return to the mountain pose.

5B Inhale-Exhale



4. **Upward Salute Side Bend Pose** Parsva Urdhva Hastasana
Bring your feet together and stretch your arms above your head, with your palms lightly touching. Clasp your hands together, with both index fingers pointing up. Now slowly lean to the right and as you inhale, feel the stretch down the side of your body. Don't over do it. Exhale. Hold for a few more breaths. Return to the mountain pose.

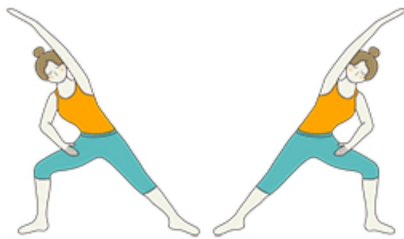
5. Standing Pelvic Circles 1 m

Direct Posture
Natural



Position your feet so they are shoulder width apart. Now place your hands on your hips and gently circle your hips both clockwise and anti-clockwise. Breathe naturally as you do this for 1-2 minutes.

10B Exhale-Inhale



6. Standing Side Lunge Pose Alternative Arms Raised Side To Side Movement

Position your feet so they are wider than your shoulders and keep them flat on the ground. Take a deep breath, and as you exhale this time, lunge to your left with your right arm raised and stretched over your head and your left arm resting on your left leg for support. Keep your back straight and inline with your right leg and arm. Hold this position for 5 breaths and on the last exhale, return to the mountain pose.

Now from the mountain pose, repeat the process on the other side. Take a deep breath and as you exhale, lunge to your right side and stretch your left arm over your head, remembering to keep your feet flat on the ground and back inline with your left leg and arm. Hold for 5 breaths and on the last exhale, return to the mountain pose.

5B Inhale-Exhale



7. Upward Forward Fold Pose Flow Ardha Uttanasana Vinyasa

Start in the mountain pose with your feet positioned comfortably at shoulder-width and your hands by your side. Now take a deep breath and as you inhale, raise your arms above your head.

Hold your breath for a moment then when you exhale, bend forward at the hips at a 90 degree angle, with your arms outstretched reaching forward. Keep your head inline with the spine and if you feel too tight in your hamstrings or lower back, you can bend your knees a little but keep your torso bent at the hips at a 90 degree angle.

Hold your breath for a moment, then when you inhale, return to the first position with your back straight and arms raised above your head.

Repeat the process for 5-10 breaths.

10B



8. Elbow Flexing Kaphoni Shakti Vikasaka

Stand comfortably with your feet together and your hands at your sides, palms open and facing forward. Take a deep breath, and as you exhale, bend your arms at the elbows and raise your hands up towards your shoulders. Now inhale and drop the hands back. Repeat the process for 10 breaths.

Breathe-
Natural

20s 9. Arms Rotation Purna Bhujja Shakti Vikasaka



Stand comfortably and raise both of your arms so they are inline with your shoulders, extended away from your body. Rotate your arms and shoulders forward, in small circles, 10 times. Now rotate your arms and shoulders backwards 10 times. Breathe normally as you do this.

5B

Inhale-Exhale



10. Wide Legged Chair Pose Wide Legged Utkatasana

Now position the feet so they are slightly wider than the hips, toes pointed forward and feet flat on the ground. Raise your arms above your head, palms facing towards each other. While keeping your spine straight, sit the hips back as much as you can and gently bend at the knees, going as low as you feel comfortable with. Hold this position for a few breaths. Return to the mountain pose.



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