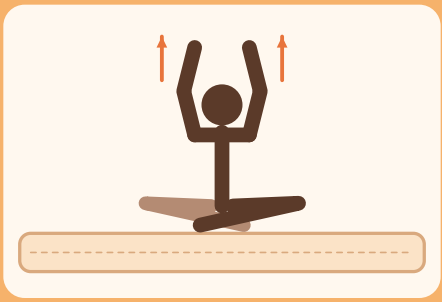
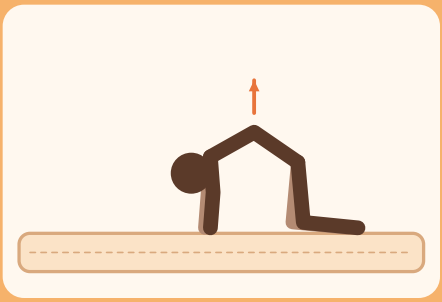
MORNING YOGA FROM YOUR BED

Energize Your Morning

Three short sequences to stretch, wake up, and greet the day







How to use this guide

Each sequence takes about 5 minutes and can be done right in bed, before your feet hit the floor. Do one on its own, or flow through all three (about 15 minutes) for a full wake-up. Move slowly, breathe through your nose, and let each inhale lift and lengthen you. Each pose has a simple diagram, cues, and a suggested hold. Breaths are slow and comfortable, roughly 4 counts in and 4 counts out.

The three sequences

1 Wake Up Slowly

~5 min | Lying on your back

Gentle stretches to ease out of sleep, release your back, and get your blood moving.

2 Rise & Shine

~5 min | Seated

Open your neck, shoulders and spine to clear stiffness and sit up tall for the day.

3 Energy Boost

~5 min | Hands & knees

Gentle backbends, balance and a lunge to build warmth and wake up your focus.

Before you begin

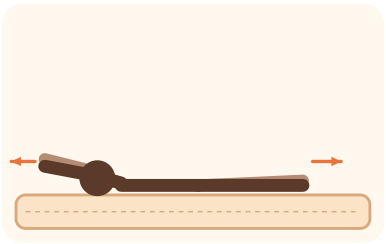
- A softer mattress is less stable. Keep movements slow, and use the headboard or wall for balance when kneeling.
- Stretch to a comfortable edge, never into pain. Ease off or skip any pose that doesn't feel right.
- Finish with a big glass of water and three deep breaths with your hand on your heart.
- If you're pregnant, recovering from an injury, or managing a health condition, check with a healthcare provider before starting a new routine.

ENERGIZE YOUR MORNING | SEQUENCE 1 OF 3

Wake Up Slowly

~5 min • Lying on your back • No props needed

1

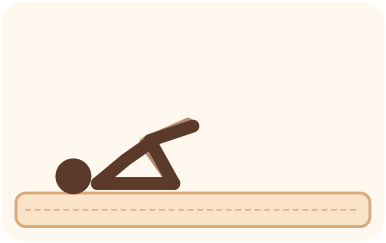


Full-Body Stretch

3 breaths

Lie on your back and reach your arms overhead. On an inhale, stretch through your fingertips and point your toes, lengthening in both directions. Exhale and soften. Add a gentle wiggle side to side.

2

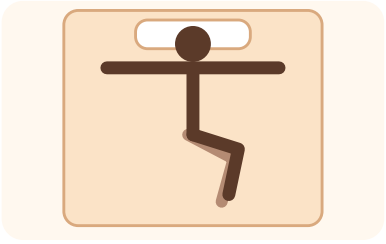


Knees to Chest

5 breaths

Hug both knees toward your chest. Rock slowly side to side to massage your lower back, or draw small circles with your knees.

3



Supine Twist

5 breaths / side

With knees bent, open your arms into a T. Let both knees fall to the right and, if comfortable, turn your head left. Breathe into the twist, then switch sides.

4

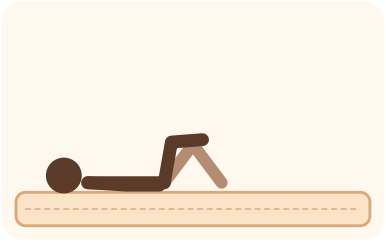
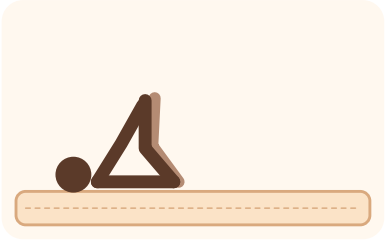


Figure-Four Stretch

5 breaths / side

Feet flat, cross your right ankle over your left knee. Flex the right foot and let the knee open. For more, lift the left foot and hold behind the thigh. Switch sides.

5

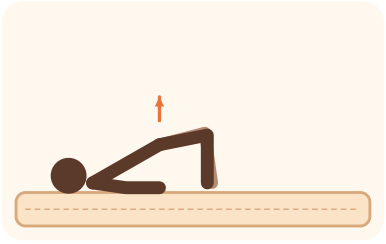


Happy Baby

5 breaths

Draw your knees toward your armpits and hold the outsides of your feet (or your shins). Keep your back soft on the bed and rock gently.

6



Bridge Lift

5 slow lifts

Feet flat, hip-width apart. Inhale and press through your feet to lift your hips; exhale and lower one vertebra at a time. A soft bed makes this gentle, so move slowly.

ENERGIZE YOUR MORNING | SEQUENCE 2 OF 3

Rise & Shine

~5 min • Seated • Sit cross-legged or at the bed's edge

1

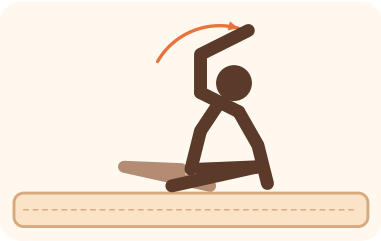


Seated Reach Up

3 breaths

Sit cross-legged against the headboard or at the edge of the bed. Inhale and sweep your arms overhead, lengthening your spine. Exhale, lower your arms. Repeat with the breath.

2



Seated Side Bend

3 breaths / side

Rest your right hand on the bed. Inhale and reach your left arm up; exhale and arc it over to the right, opening the left side of your body. Switch sides.

3

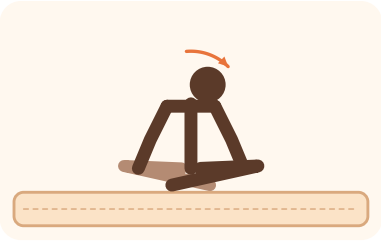


Seated Twist

3 breaths / side

Sit tall. Place your right hand on your left knee and your left hand on the bed behind you. Inhale to grow tall, exhale to twist gently left. Switch sides.

4



Ear to Shoulder

3 breaths / side

Hands rest on your knees. Let your right ear drop toward your right shoulder while your left shoulder stays heavy. Roll your chin slowly down and across to the other side.

5

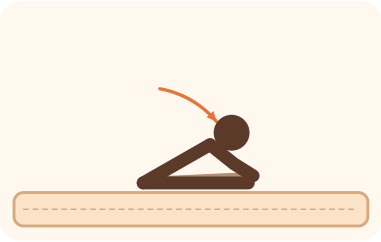


Shoulder Rolls

5 each way

Lift your shoulders up toward your ears, squeeze them back, then let them drop down. Make five big circles backward, then five forward.

6



Seated Forward Fold

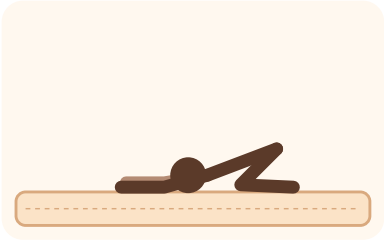
5 breaths

Extend your legs out in front of you. Inhale to sit tall; exhale and fold forward from the hips, reaching toward your shins or feet. Bend your knees as much as you need.

Energy Boost

~5 min • Hands & knees • Move to the centre of the bed

1

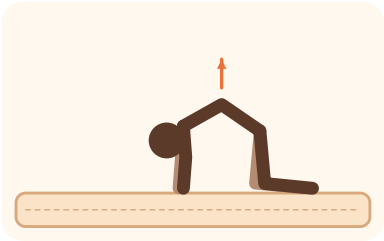


Child's Pose

5 breaths

Kneel with knees wide, big toes touching. Sit your hips back toward your heels and walk your hands forward, resting your forehead on the bed. Breathe into your back.

2

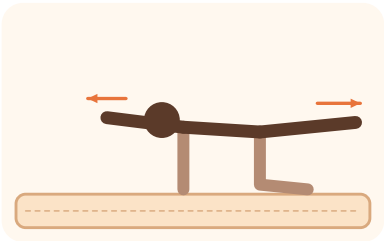


Cat & Cow

6 rounds

Come to hands and knees. Inhale, drop your belly and lift your gaze (cow). Exhale, round your back toward the ceiling and tuck your chin (cat, shown). Move with your breath.

3

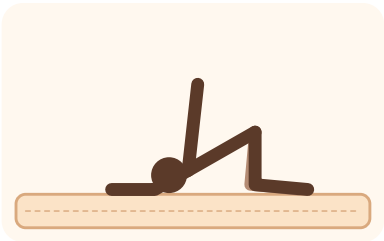


Bird Dog

3 breaths / side

From hands and knees, reach your right arm forward and your left leg back, level with your body. Keep your belly lightly engaged. Switch sides. Great for waking up balance and focus.

4

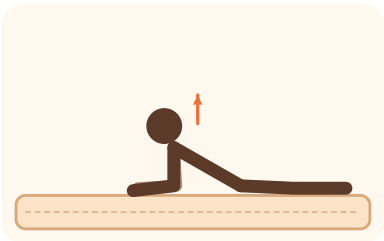


Thread the Needle

4 breaths / side

From hands and knees, slide your right arm under your left, palm up, and lower your right shoulder and temple to the bed. Reach the left arm up for more, or keep the hand down. Switch sides.

5

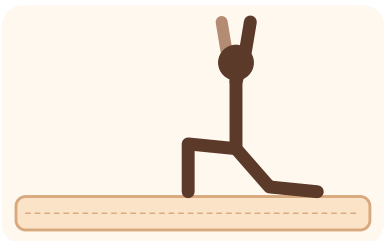


Sphinx

5 breaths

Lie on your belly with elbows under your shoulders and forearms on the bed. Press down to lift your chest, draw your shoulders back, and look forward. A gentle, energizing backbend.

6



Kneeling Lunge

4 breaths / side

Kneel and step your right foot forward. Sink your hips forward to stretch the front of your left hip, then reach both arms up. Use the headboard or wall for balance. Switch sides.