

Energizing Routine

Level 1-3

Breathing Theme: Use very vigorous breaths.
Breathing in – make your breaths full and deep.
Breathing out, breath out all your air each time.
Do many, shorter repetitions.


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1. Cat
5 – 10 times


2. Puppy
Once in position, ease in and out of it 3 – 5 times, moving with your breath.

3. Meditation
Relax each part of your body, bit by bit. Try doing this in Child Pose, if you can.




4 & 5. Back Bend or Back Bend Primer **alternating with Back Stretch**. Each repetition, see if you can stretch farther.

6. Twist or Simplified Twist



7. Complete Breath or Wood Chopper.

OR, Do Complete Breath and , as you breathe out, go into a lunge.. Switching legs each round.



8. Breath of Fire or Abdominal Lifts

