

# Quick Routine to Wake Up Your Breathing

(Level 1)

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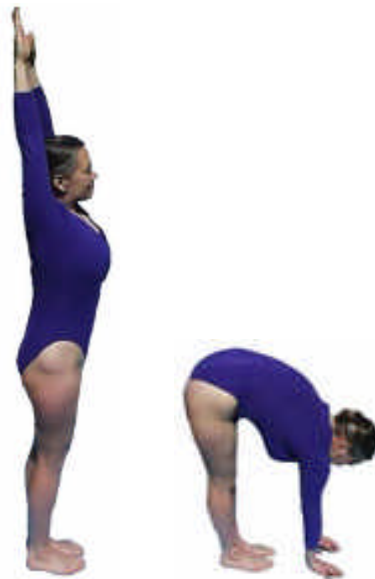
This routine is a wonderful start to your day! It wakes up all your breathing muscles, so you can breathe fully and freely throughout the day. This will give you more energy, a clearer mind and can help you deal with stress better! It's probably the best five minutes you can invest in your day!

## Abdominal Lifts



Do three rounds of each pose, to your fullest: very deep breaths in, strong, long breaths out until all your air is gone, stretching for your limit each time.

## Wood Chopper



## Side Stretch or Side Bend



Can also be done with fingers laced together, palms facing the ceiling - giving a stronger stretch in the shoulders and inner arms.

**Substitute Pose:** You can achieve much the same results with the **Sitting Side Stretch**

