

Zesty Day Starter Routine
Level 5, (Moderately Demanding)
20 – 30 minutes

This routine is a relatively quick way to get your day off to a great start. It wakes up your breathing, boosts your breathing so that you're well oxygenated all day long and loosens up many key muscles groups, making them more easily available to you all day long. That means you'll waste less energy throughout your day fighting stiff, tired muscles. When you're done, your body will move more freely and you'll be ready to rush out the door to take on your day!

Best Breathing Themes

Except where otherwise indicated

*If you're stiff and need a gentler warm up:
use Breathing Themes 1 or 2.*

*For a solid warm up before a good work out:
use Breathing Themes 5 or 21.*

Warm Up

1. Sun Salutations

8 repetitions at whatever level you can do them.



Do the following 5 poses (# 2 – 6) in sequence, twice.

2. Abdominal Lifts

20 – 50 lifts on a single exhalation

Do the lifts deeply and vigorously



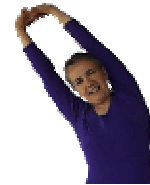
3. Simple Side Bend

Once to each side

Hold for 3 – 8 slow breaths on each side.

With each breath out notice your body relaxing

& letting go, giving you more and more of a stretch.



4. Butterfly Breathing

5 – 15 breaths

Breathe in and out fully

Searching for more and more of a stretch

as you breathe in and as you slowly breathe out.



5. Neck Stretch

Once to each side

Hold for 3 – 8 slow breaths on each side.

With each breath out notice your body relaxing

& letting go, giving you more and more of a stretch.

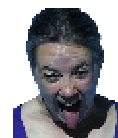


6. Standing Wide Angle Pose – with Twist & Lion Pose

- Hold the Standing Wide Angle for 6 - 10 slow breaths,
- then twist to one side, holding the twist for 2 – 3 breaths.
- Return to the front, into Wide Angle Pose, holding it for 6 – 10 slow breaths.
- Then twist to the other side, holding the twist for 2 – 3 breaths.
- With each breath out notice your body relaxing
- & letting go, giving you more and more of a stretch.



When you're in the first Standing Wide Angle, also do the Lion.



7. Wood Chopper

- Hold the back bend for 6 – 10 breaths
With each breath out notice your body relaxing
& letting go, giving you more and more of a stretch.



- Hold the back bend for 6 – 10 breaths
With each breath out notice your body relaxing
& letting go, giving you more and more of a stretch.



Repeat the Wood Chopper a second time

Then do one more Wood Chopper in a smooth, flowing sequence, without holding any part of the pose. This leads you into the Leg Presses

8. Leg Presses

Alternately lift and press each foot into the floor
10 - 20 times each



Take a break by doing one more Wood Chopper

in a smooth, flowing sequence, without holding any part of the pose.

This leads you into **doing the Leg Presses again.**

After your second Leg Press set, go into The Frog

9. The Frog

Repeat the Frog movements 3 - 5
Hold the downward movement for 6 – 8 breaths each time
feeling your hips release and the stretch deepening
more and more every time you breathe out.

