















Morning Go-To Sequence

Kristen Porter

• 30 mins

<p>1m</p>  <p>1. Easy Pose Sukhasana</p> <p>Calm your mind, focus on being in the present moment</p>	<p>2m</p>  <p>2. Seated Torso Circles Kundalini</p> <p>Circles</p> <p>1 minute in each direction</p>	<p>1m</p>  <p>3. Cat Cow Pose Bitilasana Marjaryasana</p> <p>Inhale with back curved downward; exhale when back is arched</p>	<p>1m</p>  <p>4. Downward Facing Dog Pose</p> <p>Play with this pose, moving your hips and legs</p>	<p>1m</p>  <p>5. Standing Forward Fold Pose Uttanasana</p> <p>From DD, walk up to a forward fold</p>	<p>1m</p>  <p>6. Upward Salute Side Bend Pose Parsva Urdhva Hastasana</p> <p>Move from side to side; inhale at center, exhale to the side</p>	<p>1m</p>  <p>7. Upward Salute Side Bend Pose Parsva Urdhva Hastasana</p>
<p>30s</p>  <p>8. Standing Side Stretch Pose Legs Crossed</p>	<p>30s</p>  <p>9. Standing Side Stretch Pose Legs Crossed</p>	<p>1m</p>  <p>10. Mountain Pose Tadasana</p>	<p>2m</p>  <p>11. Sun Salutation A First Half Surya Namaskar A First Half</p>	<p>30s</p>  <p>12. Mountain Pose Tadasana</p>	<p>30s</p>  <p>13. High Lunge Pose Ashta Chandrasana</p>	<p>1m</p>  <p>14. Intense Leg Stretch Pose Prasarita Padottanasana</p>

1m



15. Goddess Pose

30s



16. High Lunge Pose
Ashta Chandrasana

30s



17. Mountain Pose
Tadasana

1m



18. Chair Pose
Weight on your heels

1m



19. Tree Pose
Vrksasana

1m



20. Tree Pose
Vrksasana

30s



21. Garland Pose
Malasana

30s



22. Cat Cow Pose
Bitilasana
Marjaryasana

1m



23. Wide Child Pose
Prasarita Balasana

1m



24. Sphinx Pose
Salamba Bhujangasana

1m



25. Wide Child Pose
Prasarita Balasana

30s



26. Camel Pose
Ustrasana

Place your hands on your lower back and slightly extend back if you are not ready for this pose. Alternatively, you can use blocks.

30s



27. Balancing Table Pose
Dandayamana Bharmanasana
Knee To Nose
Alternate with breath and opposite knees and elbows

1m



28. Revolved Shoelace Pose

1m



29. Revolved Shoelace Pose

2m



30. Seated Forward Bend Pose
Paschimottanasana

3m



31. Corpse Pose
Savasana