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Beginner lessons for Morning Yoga

Start Your Day with Energizing Morning Yoga!

DEFINITION

Morning yoga is a gentle practice designed to awaken your body and mind. It helps improve flexibility, strength, and mental clarity to kickstart your day.

KEY CONCEPTS

Sun Salutations

A series of poses that flow together to warm up the body and energize.

Breath Awareness

Focusing on your breath enhances relaxation and helps maintain concentration during practice.

Gentle Stretching

Incorporating gentle stretches helps release tension and increases flexibility.

Mindfulness

Practicing mindfulness during yoga helps cultivate a sense of presence and calm.

Alignment

Proper alignment in poses ensures safety and maximizes the benefits of each stretch.

EXAMPLES

- Perform 5 rounds of Sun Salutations each morning.
- Spend 5 minutes focusing on your breath before starting your practice.
- Incorporate gentle stretches like Cat-Cow and Downward Dog.

MEMORY TIPS

- ★ Remember 'Breathe, Move, Focus' to guide your morning routine.
- ★ Use the acronym 'SAGE' for Sun Salutations, Alignment, Gentle stretching, and Energy.
- ★ Visualize the sun rising as you practice to enhance motivation.

COMMON MISTAKES

- ✗ Skipping warm-up stretches before starting.
- ✗ Rushing through poses without focusing on breath.
- ✗ Neglecting proper alignment, leading to strain.

QUICK RECAP

Morning yoga is an energizing practice that enhances flexibility and mental clarity. Key elements include Sun Salutations, breath awareness, and mindfulness. Avoid common mistakes like rushing or neglecting alignment for a safe, effective session.