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Beginner lessons for Morning Yoga

Start Your Day Right with Morning Yoga Basics!

DEFINITION

> Morning Yoga is a gentle practice to energize your body and mind at the start of the day. It helps improve flexibility, focus, and overall well-being.

KEY CONCEPTS

Breathing Techniques

Focus on deep, controlled breaths to enhance relaxation and concentration during your practice.

Sun Salutations

A series of poses that warm up the body and connect movement with breath, perfect for morning energy.

Gentle Stretches

Incorporate simple stretches to release tension and improve flexibility, setting a positive tone for the day.

Mindfulness

Practice being present and aware of your body and breath, which helps reduce stress and increase focus.

Consistency

Aim to practice regularly, even if for a short time, to build a lasting morning routine.

EXAMPLES

→ Start with 5 minutes of deep breathing.

→ Follow with 3 rounds of Sun Salutations.

→ End with gentle seated stretches.

MEMORY TIPS

★ Remember 'Breathe, Move, Focus' as the core steps.

★ Use the acronym 'SAGE' for Sun Salutations, Awareness, Gentle stretches, and Energy.

★ Visualize a sunrise to symbolize new beginnings and energy.

COMMON MISTAKES

✗ Skipping warm-ups before starting poses.

✗ Holding breath instead of focusing on breathing.

✗ Rushing through poses without maintaining form.

QUICK RECAP

Morning Yoga is about energizing your body and mind with gentle movements and breathing. Focus on consistency and mindfulness to create a positive start to your day.