

Rising Sun Yoga



RISE AND SHINE IN THE MORNING WITH KUNDALINI WAKE-UP SERIES

The following exercises can be done every morning upon (or even before) rising. Try to do each exercise for 30 seconds to one minute, then increase gradually to 2 minutes per exercise.

1. Stretch Pose:

Lying on your back keep arms by your side and legs straight. Slowly raise head and shoulders, then lift feet 6 inches off the ground and point the toes. Eyes should be focused on the pointed toes and palms should face each other alongside the body. Begin Breath of Fire for 30 seconds. Inhale through the nose, hold, exhale slowly and release body down. Try to build up to 1 minute.



2. Nose to Knees:

Bend the knees and clasp legs with arms, raising the head so that the nose comes towards the knees. Begin Breath of Fire.



3. Spinal Rock or Rock and Roll:

In the same position, rock back and forth on the spine from the neck to the tailbone. This movement distributes energy, massages and relaxes the spine.



4. Ego Eradicator with Breath of Fire:

Sit in Easy Pose, raise arms to 60 degrees out to the sides, make a fist with thumbs extended straight up. Try to keep the arms very straight. Begin Breath of Fire.



To end, inhale deeply, and very slowly raise the arms until the thumbs touch overhead, exhale, open the hands wide and slowly sweep arms back and down through the aura. Feel light around you and meditate on that light.