




Morning Yoga Checklist

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1 Set the Mood

-  Light a candle or incense (optional).
-  Play calming music or enjoy the silence.
-  Find a quiet, comfortable space.



2 Center Yourself (2 Minutes)

- Sit comfortably and close your eyes.
- Take 5 deep breaths, inhaling through your nose and exhaling slowly.
- Set an intention for the day (e.g., "I will embrace calm and focus today").



3 Yoga Asana (8 minutes)

- Warm-up: Gently roll your head in a circle in both directions. Shoulder rolls and Cat-Cow stretch on all fours. Do a few repetitions of each.
- Sun Salutations (3 Rounds)

Mountain Pose → Forward Fold → Halfway Lift → Plank → Cobra → Downward Dog → Forward Fold → Mountain Pose.

- Sit on the mat cross-legged, place one hand on the opposite knee, and gently twist your torso.



4 Close with Stillness (2-3 Minutes)

- Sit or lie down in a comfortable position.
- Practice 2 minutes of mindful breathing:
- Inhale for 4 counts, hold for 4, exhale for 6.
- Express gratitude for one thing in your life.