



DESERT SUNRISE

3m 19s



Ease into your morning with this calm morning yoga routine

Movement	Seated modifications	Other modifications	Progressions	Watch points
Leopard Stretch	Sit with a sturdy desk in front of you. Lean forward from your waist, reaching your hands as far forward on the desk as your can.		While doing the Leopard Stretch, place your left hand on top of the right to feel a stronger stretch. Hold for 5 deep breaths then switch hands.	* Hips up in the air. If your hips are lower, slide your hands further forward to lift your hips up.
Brachiosaurus Reach	Sit very tall. Reach your arms above your head and arch your back to look up towards your hands. Tuck your bottom under (tail between your legs).		While doing the Brachiosaurus Reach... - Lift your front heel off the floor, to challenge your balance, or - Gently lean your arms and upper body over to the side of your front leg	* Feet hip-width apart, rather than straight in front of each other * Knee of your bent leg above your ankle * Back leg long and straight



Movement	Seated modifications	Other modifications	Progressions	Watch points
Desert Lizard Dance	Reach your arms straight up beside your ears and just do the arms part of the Desert Lizard Dance up in the air. To make it more challenging, lean forward from your hips with a straight back, and do the arm movement in that position.	Do the Desert Lizard Lift just with your legs (one leg lifting at a time, while you leave your arms on the floor). Then do it just with your arms.	Use your upper back muscles to keep your chest lifted off the floor while you do the Desert Lizard Dance	* Lifting the opposite arm and leg (e.g. left arm with right leg) * Squeezing buttocks and tummy muscles * Shoulder blades pulled down and back * Body, arms and legs straight