



energise with yoga

stretch & release


by Patricia Ezechie















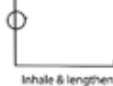







You know the ones.... you wake up and even your eyeballs feel tired! Perplexed you wonder how this can be – you went to bed early, have slept deeply for 9 hours (2 hours more than usual) and yet your body feels like you have gone 3 rounds with Ali (showing my age!).

I had one of those mornings today. Despite a full night's sleep I woke up feeling physically and emotionally exhausted. After spending 5 fruitless minutes wondering why, it dawned on me that it didn't really matter why... I just was exhausted. So instead of analysing, fighting or masking it (double espresso and a chocolate muffin – not that I would ever indulge in either!), or ignoring it, I decided to just accept the fact and work with it. Today my body, mind and heart are tired and I am going to embrace and accept this and go a little easier on myself.

The next time you have one of those mornings or moments, try the sequence below. A gentle stretch and a few deep breaths really do go a long way. After just 10 minutes you should feel better able to cope with the challenges of the day ahead.

GENTLE ENERGISING SEQUENCE



 Breathe deeply and relax	 Lengthen and release	 Gently extend through the spine	 ↑ Inhale Lengthen and open	 ↓ Exhale Lengthen and lift	 Breathe deeply and relax
 Exhale and release down Hold for 2 breaths	 Inhale and open chest Hold for 5 breaths, then relax	 Inhale and open shoulders Hold for 5 breaths, then relax	 Inhale shoulders forward and up Exhale back and down	 Inhale shoulders back and up Exhale forward and down	
 Sit with the spine against wall, shoulders back and down, chest lifted, breathe and hold for 5 breaths. Relax.	 Extend legs, ease knees down towards ground. Lengthen and release.	 Inhale lift chest and shoulders Exhale shoulders back and down Keep chest lifted, breathe and hold for 5 breaths. Relax.	 Inhale & lengthen up, lift arms up and back, hold and breathe for 3. Exhale down.	 Inhale lift chest and shoulders Exhale shoulders back and down Keep chest lifted, breathe and hold for 5 breaths. Relax.	
 Breathe deeply and relax	 Lengthen and release	 Gently extend through the spine	 ↑ Inhale Lengthen and open	 ↓ Exhale Lengthen and lift	 Breathe deeply and relax

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