

## ONE HUNDRED BREATHS BEFORE BREAKFAST

- Tadasana - standing mountain (॥), get centered, bringing the folded hands in front of heart. Breath 4 rounds of full three part dirga breaths.
- Heart opening- arms fling wide on the inhale, ease head back, looking up if comfortable. Return to prayer position, hands before heart, on the exhale. 10 times
- Hands go above head in upward salute on the inhale, exhale into forward fold. Keep knees bent and soft for first few times. 10 times, end with arms overhead.
- Left arm returns to the side - exhale arching to the left, right hand extended overhead, inhale to upright 10 times. Right arm to returns to the side - left arm extends overhead, exhale arching to the right, inhale to upright 10 times
- Bring hands to waist - inhale and exhale while twisting from side to side rhythmically 16 times total.
- Right leg back preparing for Warrior II (२): inhale left arm forward, right arm back, both parallel to the ground, bending left knee to 90 degrees on the exhale, straighten legs and drop arms to legs. Inhale - raise arms to parallel, bending left knee, exhale releasing arms to thighs and straightening the left knee. If desired you may turn the head from forward looking when arms are outstretched to chin over center of chest when arms come down . Repeat 10 times. Legs return to tadasana. Repeat for left side, bringing left leg back and lifting the right arm forward. Continue for 10 full breath cycles.
- Right leg back preparing for Warrior I (१): inhale arms forward and up over head, bending left knee to 90 degrees. Exhale, straighten left leg folding forward into pyramid pose (३) bringing arms forward reaching for knee, shin, ankle or foot. Each successive time arch back in Warrior I with more intention and fold forward in pyramid pose with more vigor. 10 times. Repeat for left side. 10 times.
- Return to Tadasana. Give yourself a few centering breaths in this pose.