**Good morning Mindfulness 21 Day Challenge**

**Week 3- Morning Yoga & Meditation**

***Sit in easy pose with a nice long spine and sit bones grounded to the earth.***

***For extended sitting you can sit on a bolster or a pillow.***

Intention- Grounding & Reconnecting

Our intention this week is grounding.

*Sit up nice and tall, place hands on knees, palms facing the earth.*

*Bring awareness to your breath, slow it down and deepen it.*

*Become aware of where your body meets the floor and connect to the earth.*

*As you exhale grow your roots and as you inhale allow the earth the recharge your mind, body and soul.*

*Continue this for 5- 10 breaths*

*Come back to comfortable breathing and begin yoga.*

**Easy Pose**

*Sit up and cross the legs and place your hands on your knees*

**Seated Cat/Cow**

*Inhale up, exhale down*

**Seated Twist- Right Side**

*Inhale long spine, exhale twist*

**Seated Twist- Left Side**

*Inhale long spine, exhale twist*

**Seated Cat/Cow**

*Inhale up, exhale down*

**Seated Wide Legged Forward Fold**

*Inhale long spine, exhale melt heart*

***Table Top***

*Stack the joints, Froggie fingers*

***Cat/Cow***

*Inhale up, exhale down*

***Child’s Pose***

*Exhale, melt the heart, release and let go.*

***Cat/Cow***

*Inhale up, exhale down*

***Table Top***

*Stack the joints, froggy fingers*

***Down Dog***

*Exhale into down dog, push palms into the earth, raise hips up and back, press heels towards the earth.*

***Table Top***

*Stack the joints, froggy fingers*

***Child’s Pose***

*Exhale, melt the heart, release and let go.*

***Down Dog***

*Exhale into down dog, push palms into the earth, raise hips up and back, press heels towards the earth.*

***Mountain***

*Inhale to the sky, exhale hands to heart,*

***Breath with Movement***

*Inhale Mountain- raise hands to the sky*

*Exhale- Forward fold to feet or block*

*Inhale- Half lift*

*Exhale- Forward Fold to feet or block*

*Inhale- Lift and rise*

*Repeat 3-6 times*

***Gentle Side Stretch- Right***

*Hands over head, right hand grabs left wrist, exhale gently to the right side.*

***Gentle Side Stretch- Left***

*Hands over head, left hand grabs left wrist, exhale gently to the left side.*

***Gentle Standing Back Bend***

*Interlace fingers, push palms to the sky, stand up straight and exhale and allow a gentle back bend.*

***Mountain***

*Inhale to the sky, exhale hands to heart.*

**Stand tall with a long spine and bring your hands to your heart.**

**Breathe deeply breathing love and light into the heart space.**

**Then bring awareness to your feet. Connecting to the earth.**

**Imagine roots growing and energy flowing.**

**Allow yourself to feel grounded, supported and loved.**

**Recharging like a battery. Plugging in.**

**Continue with a few more deep breaths until it feels complete.**

**Namaste.**