**Good morning Mindfulness 21 Day Challenge**

**Week 1- Morning Yoga & Meditation**

***Prepare your space and lay down on a mat or blanket.***

Intention- Self Compassion

Focus this practice on self-compassion. Meeting yourself right where you are with no judgments and no negative self-talk. Being patient with yourself and understanding you need to grow your roots before the tree can grow.

*Place hands on your belly*

*Begin taking slow, deep belly breaths*

*\*\*Your hands should gently move up and down as your belly rises and falls. \*\**

*4:6 Breathing- Count your breath- Inhale 4, Exhale 6*

*Focus on being present and let thoughts flow by like clouds in the sky.*

*1-3 minutes, at least 5 rounds of breath.*

**Knees to Chest**

*Massage lower back into mat*

**Reclined Twist- Right Side**

*Exhale twist, use exhales to deepen stretch*

**Knees to Chest**

*Massage lower back into mat*

**Reclined Twist- Right Side**

*Exhale twist, use exhales to deepen stretch*

**Windshield Wipers**

*Stop and breathe wherever needed*

**Thread the Needle- Right Leg**

*Breathe into hips, glutes and thighs- use a strap behind the left thigh if needed.*

**Thread the Needle- Left Leg**

*Breathe into hips, glutes and thighs- use a strap behind the right thigh if needed.*

**Windshield Wipers**

*Stop and breathe wherever needed*

**Easy Pose**

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

**Easy Neck Stretch**

*Chin to chest, gently rock head right to left, massage as needed*

**Seated Cat/Cow**

*Inhale up, exhale down*

**Seated Twist- Right Side**

*Inhale long spine, exhale twist*

**Seated Cat/Cow- 3 Rounds**

*Inhale up, exhale down*

**Seated Twist- Left Side**

*Inhale long spine, exhale twist*

**Seated Butterfly**

*Inhale long spine, exhale melt heart towards the earth*

**Seated Forward Fold**

*Inhale long spine, exhale melt heart*

**Seated Wide Legged Forward Fold**

*Inhale long spine, exhale melt heart*

*Exhale*

**Easy Pose**

*Cross your legs and put your hands on your knees.*

**Sit tall with a long spine and come back to the big belly breaths we began with.**

**This time as you breath into your belly imagine breathing in light, happiness, gratitude and compassion**

**With each breath allow the light to expand and grow.**

**Exhaling anything out that no longer serves you.**

**Continue until it feels complete.**

**Namaste.**