**Good morning Mindfulness 21 Day Challenge**

**Week 2- 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- Gratitude and Awareness

Our intention this week is awareness of the mind and body. Take time to be grateful for yourself, breath and life during this practice.

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

*Calm the mind and practice circle breath.*

*Breathe in slowly and flow right into your exhale, with no pause and repeat.*

*Continue breathing in a circle 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*

**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**

*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*

***Table Top***

*Stack the joints, Froggie fingers*

***Cat/Cow***

*Inhale up, exhale down*

***Free Cat/Cow***

*Listen to your body and what it needs*

***Child’s Pose***

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

***Bird Dog- Right Leg Out***

*Inhale arm & opposite leg up-hold a for a few breaths, exhale down.*

***Table Top***

*Stack the joints, froggy fingers*

***Bird Dog- Left Leg Out***

*Inhale arm & opposite leg up-hold a for a few breaths, exhale down*

***Table Top***

*Stack the joints, froggy fingers*

***Child’s Pose***

*Exhale into child’s pose, melt heart*

***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.*

***Mountain***

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

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

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

**Watch it expend with every breath & let go as you exhale.**

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

**Letting it fill you up and carry you into the day with love, light, awareness and gratitude.**

**Continue until it feels complete.**

**Namaste.**