

# MORNING MOVEMENT & MEDITATION

YOUR MINDFUL MORNING WITH YOGA



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# BOOK INTRODUCTION

*This guide will show you how to develop your own morning yoga practice in the comfort of your own home, so that you can start your day feeling beautiful and energized*

*If you want a little more calm and focus in your life, you need to try some yoga. Yoga has a long history of providing people with the physical and mental benefits they need to lead healthier, happier lives. This short guide is designed as a gentle wake-up call, encouraging you to take care of yourself each morning with yoga and meditation.*

*Whether you are a complete beginner or an experienced yogi looking for something different, this guide will help you create a morning routine that is kind to the body, mind and soul.*

*The best part about this book is that it can be used by absolute beginners who want to develop their own practice and by experienced yogis looking for something new and different!*

**PEACE!**



# YOGA & MEDITATION

*Yoga is a holistic science that originated in India approximately 4,000 years ago and is currently kept alive. Thanks to its widespread practice throughout the world. The word yoga means the "union" of all things, which includes both the mind, the body and the spirit, so its main objective is to achieve the union that frees you from confusion and allows you to be at peace as well. how to live more consciously.*

*In the oldest text of yoga known as the "yoga sutras" of Patañjali , the 8 branches that make up yoga are described, Each of these branches allows the practitioner or yogi to acquire a broader consciousness and experience greater tranquility.*

*Let's Play Yoga!*

*In this guide, we will address **3 of the branches** that have broad benefits to reduce stress and anxiety, these are:*

**Yoga, Breathing & Meditation**

*The **yoga postures, breathing exercises and meditation** are 3 great tools that allow you to cultivate great benefits for your physical health, mental and emotional well being. This guide will share with you the best meditation and yoga techniques to relax. Let's go!*

# YOUR YOGIC MORNING ROUTINE

## TIPS FOR MORNING GROUCHES

***You are convinced that a morning routine would make your life better - but just can't get out of bed in the morning, much less on the mat? First of all, here are a few effective tips that will transform you from a morning grouch to a mindful morning fan.***

1. Go to bed in good time (preferably always at the same time) so that you have a good rest when you have to get up.
2. Always get up at the same time if possible - yes, even on weekends ...
3. Find "your" alarm clock: Maybe you need a light alarm clock, a radio alarm clock - or maybe just a super loud alarm clock. Find an alarm clock that will wake you up reliably and comfortably.
4. If your alarm goes off, you should get up immediately - the snooze button is taboo!
5. Take a sight at the window, look out and greet the day with a smile on your face and a powerful "Good morning!" As you stretch your arms up and open your heart for positivity. Alternatively, if this is overwhelming, set some bold goals for the day. Or just look out the window and notice how you feel. Maybe you also think about what you are grateful for

# MINDFUL MORNING

*Why is it so good to practice yoga in the morning?*

*Do you really want to know?*

*Do you want to start and don't know how?*

*Do you wake up grumpy, fatigued, groggy, achy?*

*Do you Feel rushed, chaotic and then you discover you need help?*

*Worry not, we are here for you, at <https://www.yogaplaydate.com>, we are keen in bringing you Yogic tips for asanas, pranayama and meditation for your mindful morning - and a perfect start to the day.*

*What's wrong with getting up at the last minute and walking to the tram with a bottle of Coke?*

*After all, you get your circulation going, support local public transport and the sugar industry and sleep as long as you could. There is nothing wrong with that. So, as long as you don't mind walking around with a stomach ulcer and deep grief lines later.*

*Because if you fill your morning with stress and hectic rush throughout your life, the rest of your days will probably also be dominated with negative energies, beam up your life with a Mindful Morning each day.*

*The catchphrase **“Mindful Morning”** is on everyone's lips for a reason. If you instead enable your body and mind to start the day mindfully, you will benefit from it on all levels. Here are our suggestions on how you can design your personal morning routine and make the day more pleasant and healthier!*

# 1. YOUR YOGIC MORNING ROUTINE: YOGA



***Morning yoga is a boon: Practice a little yoga morning flow or just a handful of asanas that are good for you in the morning. Your entire body, spine and muscles are still stiff from being in bed for eight hours.***

*Move your entire body properly. Not only will you wake up faster, your spine will thank you for it too!*

*Practice so that you can feel your body temperature rise. Feel how your body becomes warm and you can slowly bring movement into stiff joints. Take advantage of the mild morning mood and let humility trickle into your practice instead of ambition.*

*Let's Play Yoga!*

## 2. YOUR YOGIC MORNING ROUTINE: MEDITATION



*We all know that meditation is beneficial for our minds but it's also important to meditate mindfully. It helps us to become better individuals, both at home and in the workplace*

*Get on your Mat, be still and calm, breathe in and out slowly, smile, close your eyes and feel your nerves calming down. If you become mindful in the morning and practice staying with yourself, you will ground yourself particularly intensively. This will help you throughout the day: whoever meditates in the morning determines how the day goes - a mindful morning without meditation is not a mindful morning!*



## 2. YOUR YOGIC MORNING ROUTINE: PRANAYAMA



*Your meditation will get better if you do breathing exercises (pranayama) beforehand. Once you are seated, choose a breathing exercise that you enjoy doing and practice it thoroughly. Particularly effective in the morning: the fire breath, Kapalabhati.*

*Let's Play Yoga!*

# SIMPLE YOGA POSES TO ENERGIZE

They are called **asanas** physical postures that are performed during practice while attention on the body and focuses the mind. Through movements and stretches, the body calms down and the mind quiets down. In this state of meditation you can feel the sensations that are awakened, so you should only be concerned with being present and relaxing as much as possible.

Begin the yoga exercise to always relax with a **warm-up** that allows you to activate your body progressively. To begin, stretch both sides of your body, close and open your fingers, and move your wrist, knee, and ankle joints in circles. You are now ready to try the following poses!





## MOUNTAIN POSE (TADASANA)



*It is one of the basic postures, as it is part of the salutation to the sun. The mountain posture allows you to connect with the earth and be present, its purpose is to fill you with security, stability and well-being. To do it, carry out the following steps:*

- 1. Stand at the beginning of your yoga mat with your spine straight and your legs at the hips.*
- 2. Anchor the toes and soles of your feet on the floor and completely relax your arms and hands.*
- 3. Keep your legs and torso active.*
- 4. Connect completely with the feeling of being grounded in the land*
- 5.. Hold this pose for 5 deep breaths.*

## PALM TREE POSE (URDHVA HASTASANA)



*This pose stretches your body fully, allowing your muscles to loosen and relax. It is also part of the sun salutation and if you want to do it, do the following steps:*

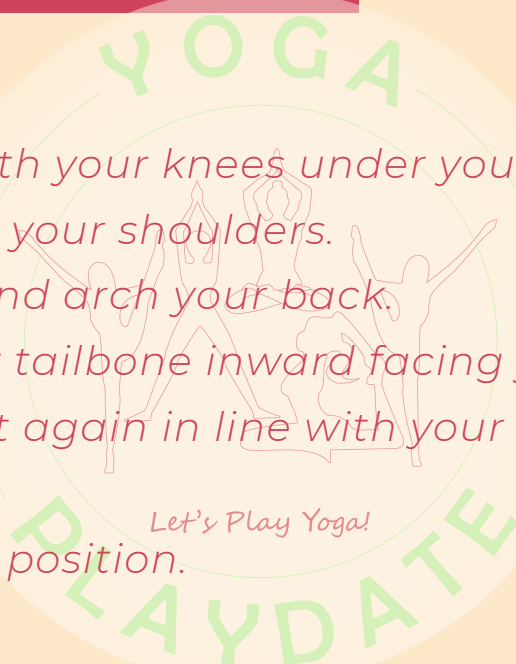
2. Place the palms of your hands facing each other with your arms outstretched.
3. Take care that your shoulders are relaxed and are away from the ears.
4. Take a deep breath.
5. Inhale and exhale, slowly lower your arms in the shape of a prayer to your chest.
6. Repeat this movement 4-5 times.

## CAT AND COW POSE



***This exercise serves to mobilize the back, which relaxes you and reduces stress, helping the health of the spine. Complete the following steps to carry it out:***

1. Get into 4 supports with your knees under your hips and your hands at the same height as your shoulders.
2. Inhale, look forward and arch your back.
3. Exhale and bring your tailbone inward facing your navel.
4. Repeat the movement again in line with your breathing 5 to 7 times.
5. Return to the starting position.



## CHILD'S POSE (BALASANA)



*This is one of the most relaxing postures in yoga, as it serves to rest and recover from muscle tension. Follow these simple steps:*

1. This is one of the most relaxing postures in yoga, as it serves to rest and recover from muscle tension. Follow these simple steps:
2. Place your knees on the mat and make sure they are at the height of your hips.
3. Feel how both thumbs of your toes touch.
4. Sit on your heels with your back straight and bring your forehead to the floor.
5. You can stretch your arms in front of you or put them on the mat.
6. Stay for 5 to 7 breaths.

## BRIDGE POSE (SETUBANDHSANA)



***This is one of the most relaxing postures in yoga, as it serves to rest and recover from muscle tension. Follow these simple steps:***

1. Lie on your back looking up at the sky.
2. Bend your knees and place the soles of your feet in contact with the mat. Make sure your knees are level with your hips and place your hands face down on the mat.
3. Inhale, press your feet to the floor and slowly raise your hips, finally exhale and lower to the starting position.
4. Repeat the movement for 5 breaths.

## **CORPSE POSE (SAVASANA)**



1. Lie on your mat with the palms of your hands facing the sky.
2. Spread your arms slightly from your torso and drop your feet to the sides.
3. Relax your jaw and all the muscles in your face.
4. Inhale and exhale deeply, if there are parts of your body that are tense, try to relax them even more with your breath. Let's Play Yoga!
5. Stay in this pose for 3 to 5 minutes.

***This posture serves to end the practice of yoga or perform a meditation, regulates blood flow and reduces stress, depression and anxiety, as it allows you to completely relax your body and mind. Follow the next steps:***

# BREATHING TECHNIQUES (PRANAYAMAS) TO RELAX

*I've talked about this pranayama beforehand, but there is need to talk about it again. Prana means "vital energy" and yama "control or management", so pranayama can be translated as management of vital energy and arises under the principle that breathing is the element that fills the body with energy and gives it the possibility to live.*



*Breathing is a fundamental part of the health of every human being, as it regulates various processes.*

*The following yoga and breathing exercises will help calm your body and mind:*



## 1. DIAPHRAGMATIC OR ABDOMINAL BREATHING



*As its name implies, this breath is characterized by presenting movement in the abdomen when inhaling and exhaling. The idea is to allow the lungs to be completely filled with air to oxygenate the entire body, since when diaphragmatic or abdominal breathing is performed, the body automatically enters a state of calm and relaxation.*

## 2. NADI SHODHANA (ALTERNATE NOSTRIL BREATHING)



*Let's Play Yoga!*

*This technique offers you calm, cleanliness and clarity, it also allows you to balance both cerebral hemispheres, which will help you acquire greater clarity. If you want to do it, cover the right nostril with one finger and inhale and exhale, then uncover this nostril, cover the left side with another finger and repeat the movement.*

# MEDITATION TO RELAX AND CALM THE MIND



Meditation allows you to generate a state of relaxation to calm mental activity, although it is very important to clarify that the mind cannot be left blank, since one of its main functions is precisely to think. What meditation will do is that it will be easier for you to observe your thoughts and your breathing, as well as help you to quiet all that activity. Do the following meditation to connect with calm:

**Do the following meditation to connect with calm:**

1. Begin with diaphragmatic breathing for a few minutes and focus on the air that enters and leaves through your nostrils.
2. Notice the sounds around you, your body in contact with the mat, and the sensations that arise within your body.
3. Bring your mind to the present moment. If a thought arises, let it out and just watch it while listening to the sound of your breathing.



# MEDITATION TO RELAX AND CALM THE MIND (CONTD ...)

4. With your eyes closed think of 3 things you want to be thankful for today. They can be pleasant things or even challenges that have shown you something important.

5. Visualize your entire system in operation, the flow of your blood and the cells of your body traveling throughout your body

6. Anchor yourself back to the breath and to the present moment through the senses.

7. Thank your body for this moment and also thank yourself for the practice.



# OTHER TIPS

## 1 WRITE A JOURNAL IN THE MORNING

*It's always great to jot down your feelings in a journal. Writing is therapeutic, and it helps you release the emotional baggage that you've been carrying around with you throughout the day. After writing in your journal for five minutes, reflect on how you feel.*

*If there's anything that's troubling your mind or causing anxiety, take some time to think about these things during meditation so that they don't pollute your life anymore!*

## 2. CLEANSING RITUALS: NASAL RINSING & CO

*Let's Play Yoga!*

*If you want to do your breathing exercise better, rinse your nose with your nasal douche with lukewarm, slightly salty water beforehand. But other cleansing rituals (which often come from the Ayurveda tradition) can simplify the start of the day for you. These include, for example, tongue scraping, oil pulling (Gandusha) and self-massage.*

## OTHER TIPS (CONTD ...)

### 3. DRINK WARM WATER

*Drinking warm water in the morning is not only beneficial for your health but also boosts your metabolism. Warm drinking water with lemon juice can kick-start your day and give you more energy. It's important to hydrate yourself with fresh drinking water, so that your body functions normally.*

### 4. WEAR A SMILE ALWAYS!

*Your smile is your welcome mat. It invites beauty and happiness to enter your home.*

*In this busy world, everyone has a lot on their plates. We're constantly running from one task to the next, trying to get everything done that we need to do before the end of the day. In this way it's easy for us to neglect our self-care - but you can make a change by wearing a morning smile everyday!*

# CONCLUSION

*Very well! Today you have learned how yoga offers you benefits that allow you to connect with your body, mind and spirit, which calms your body and helps you perceive the union of all things. Although this practice has a spiritual component, yoga in stressful situations has been shown to greatly benefit physical and mental health. In conclusion, making a morning routine with yoga help you feel better and get a more positive mindset about your day. Hope it helped!*

*Have a Marvellous Mindful Yoga Morning!*

# MORNING MOVEMENT & MEDITATION

*MANY OF US SAVE OUR YOGA PRACTICE FOR THE AFTERNOON OR EVENING TO CLEAR OUR MINDS AFTER A STRESSFUL DAY OR ALLEVIATE STRESS BEFORE BEDTIME. WHAT A GREAT WAY TO END THE DAY, RIGHT?*

**BUT HOW ABOUT, STARTING YOUR DAY OFF RIGHT WITH YOGA? MORNING YOGA TO THE RESCUE! A NICE MORNING YOGA ROUTINE CAN SET THE TONE FOR THE ENTIRE DAY. IT CAN HELP AWAKEN THE BODY, CLEAR YOUR MIND, BOOST YOUR FOCUS AND CONCENTRATION, HELP YOU FEEL FIT & STRONG, AND GIVE YOU A POSITIVE OUTLOOK ON THE DAY AHEAD. SO GET CAFFEINATED (YOGA STYLE) AND READY TO TAKE ON YOUR DAY WITH BALANCE, VIGOR AND JOY**



*RUCHI IS A RYT-200 CERTIFIED KIDS, TEENS & FAMILY YOGA TEACHER. SHE GOT INTRODUCED TO YOGA GROWING UP IN INDIA DURING HER SCHOOL YEARS. A MOM OF THREE, SHE TRIES TO INVOLVE HER KIDS IN HER YOGA CLASSES WHENEVER POSSIBLE. IT'S HER PASSION TO BRING YOGA TO AS MANY SCHOOLS, KIDS AND FAMILIES IN THE COMMUNITY. RUCHI ENJOYS TEACHING TRADITIONAL HATHA YOGA TO ADULTS, KIDS & FAMILY YOGA AND YOGA IN THE PARKS. HER CLASSES INCLUDE CREATIVE YOGA POSES, MINDFULNESS, BREATHING EXERCISES, MEDITATION AND RELAXATION TECHNIQUES.*