Ten-Minute Morning

A flow for people who hate mornings | Roberto Damante

Arrival · Mobility · Warm-up · Standing · Held · Relaxation · Meditation

1 ARRIVAL



Still in bed

Hug the knees, rock a little

2 MOBILITY



Roll up

Rock your way to sitting

3 MOBILITY



Cat

Exhale, round

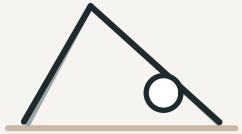
4 MOBILITY



Cow

Inhale, open

5 WARM-UP



Down dog

Pedal the feet. Yawning allowed

6 WARM-UP



Ragdoll fold

Hang for 5 breaths

7 STANDING



Reach up

Big stretch, groan if you like

8 STANDING



Side bend

Both sides

9 STANDING



Chair

5 breaths to wake the legs

10 MEDITATION



Mountain

One thing you're looking forward to

How to use it

Ten minutes. Start in bed, finish standing. No mat needed if your floor is kind. Move slowly. Groaning is encouraged.

What to say

Close with: *Name one thing you're looking forward to today. Small counts.*