

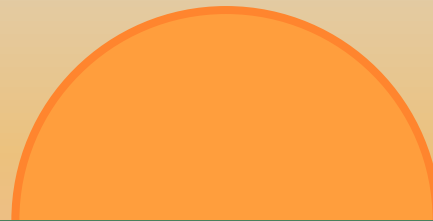
SUCCESS+

STRETCHING ROUTINE GUIDE

Rise, Shine, and Align



Build strength, develop flexibility, and link your breath and movement with the ancient sun salutation practice.



ACHIEVE VINYASA

Synchronize your breath with a flowing sequence of yoga movements.

Begin With Manageable Goals

The time you devote to this practice can be as simple as just 5 minutes a day.

You can modify the routine and do a half variation, or make it more advanced depending on what you're feeling up for.

Three to five rounds per day would be a great start, and then increase rounds over time.



Prepare for Movement

Floor Space

You'll need enough room to stretch out fully. A 6-by-6-foot area or larger is ideal to move comfortably and safely.

Location

Choose a quiet spot where you won't be disturbed. A bedroom, living room, or even a dedicated yoga room works well.

Yoga Mat

Use a yoga mat for cushioning and grip. If you don't have one, a carpeted area or a thick blanket can work.

Level Ground

Ensure the surface is level to avoid strain on your body.

Ventilation

Open a window for fresh air to enhance breathing, improve air quality, regulate temperature, and foster a connection with nature.

Lighting

Soft natural light is best as it creates a calming, relaxing atmosphere and uplifts your mood. If practicing indoors, use dimmable lights or candles.

Temperature

A comfortable room temperature is essential. For most styles of yoga, this falls between 70 and 76 degrees Fahrenheit. Although some may have their own preference, this range isn't too hot or too cold, making it suitable for various poses and breathing exercises.

Comfortable Clothing

Wear loose-fitting clothes that allow for movement.

Going barefoot is also recommended as it allows for:

- Better grip and balance
- Increased foot flexibility and strength
- Enhanced sensory feedback and body awareness

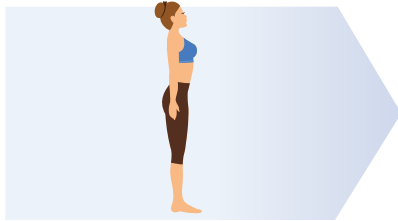
Music

Gentle, calming music can enhance your practice.

The Sun Salutation



START HERE



Mountain Pose

Stand tall, with your feet together or shoulder-width apart, and keep your arms relaxed at your sides.



Upward Salute

Raise your arms overhead with your palms facing each other.



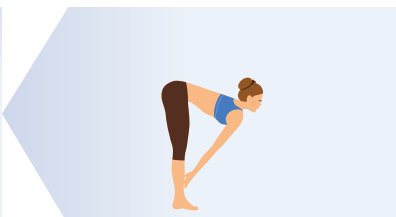
Upward Salute

Raise your arms overhead with your palms facing each other.



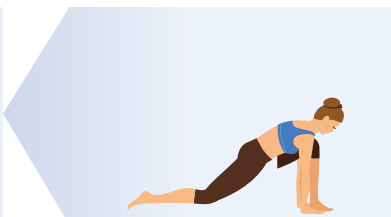
Standing Forward Bend

Fold forward from the hips while bringing your hands to the floor or to your shins.



Standing Half Forward Bend

Step your back foot forward to meet the front foot. Straighten your legs while keeping a slight, soft bend in your knees. Then, place your hands on your shins or thighs and lengthen your spine.



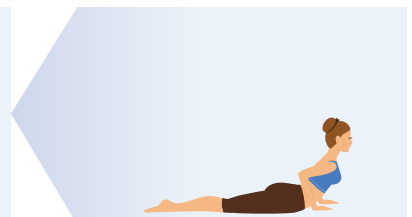
Low Lunge

Step one foot forward, bend your knee, and lower your back knee to the floor.



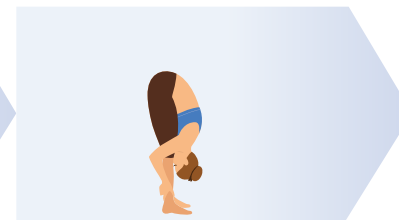
Downward-Facing Dog Pose

Lift your hips toward the ceiling forming an inverted V-shape with your body.



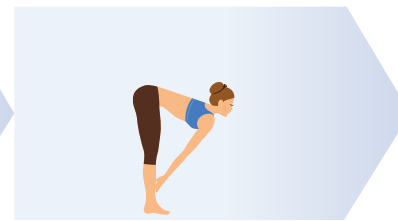
Upward-Facing Dog Pose

Lower your hips to the floor, press your hands into the mat, and lift your chest and thighs off the floor.



Standing Forward Bend

Fold forward from the hips while bringing your hands to the floor or to your shins.



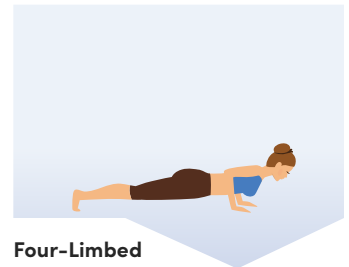
Standing Half Forward Bend

Bend your knees slightly, place Step your back foot forward to meet the front foot. Straighten your legs while keeping a slight, soft bend in your knees. Then, place your hands on your shins or thighs and lengthen your spine.



Plank

From a tabletop position—on your hands and knees, with your hands shoulder-width apart and your knees hip-width apart—lift your knees off the floor forming a straight line from head to heels.



Four-Limbed Staff Pose

Lower your body toward the floor with elbows close to your sides, forming a straight line from head to heels.

Complete the following poses (in the order they appear) to energize your body, calm your mind, and set the tone for a balanced day.

Process Over Results

Master the Basics

As you inhale, lift or expand your body.

As you exhale, lower or release your body.

Start Small

Don't be afraid to break each move into smaller steps to make them feel more achievable.

For example, rolling out your mat or sitting on your meditation cushion could count as a “win” for the day!

Listen to Your Body

Don't push yourself too hard. Modify the yoga poses as needed.

Consistency Over Intensity

Pick a similar time and try to repeat the series of yoga poses as often as possible.

Connect the Habit to an Established Routine

Consider meditating after brushing your teeth or doing yoga after waking up. Remember, consistency is key—practice around the same time each day to build momentum and muscle memory.



KEEP YOUR EYE ON THE WHY

Ponder your deeper reasons for starting:

- ☒ Stress relief
- ☒ Better health
- ☒ Mental clarity

Add your personal reasons:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Reflect on the Process

What has been challenging so far?

How has this positively impacted your mental health?

How has this positively impacted your physical health?

Strive for the Milestones

21 DAYS

It takes approximately 21 days to form a new habit before it starts to feel more natural.

40 DAYS

Some traditions, especially in yoga and meditation, suggest that practicing something for 40 days in a row can create a stronger emotional and mental bond to the habit, leading to a shift in mindset.

90 DAYS

Practicing consistently for 90 days is said to solidify a habit, turning it into a lifestyle. At this point, the habit becomes a natural part of your routine, requiring less conscious effort.



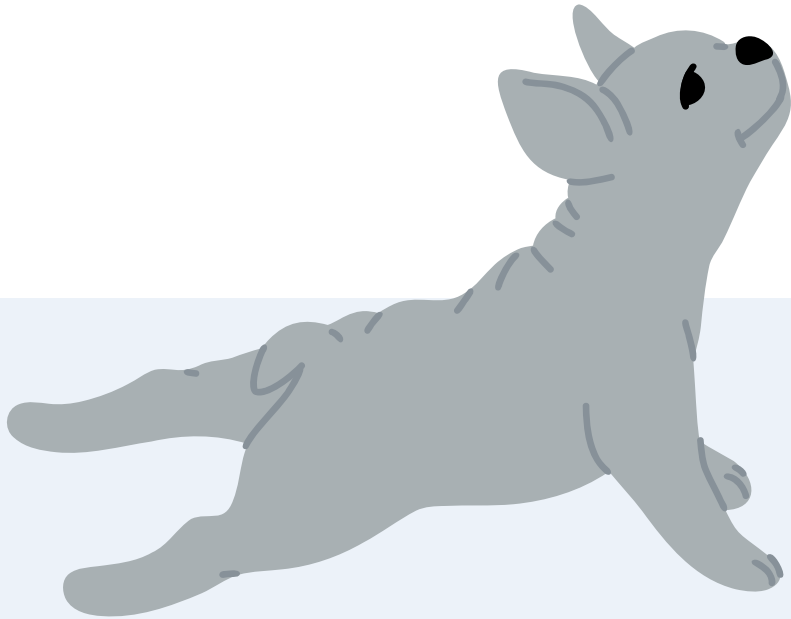
REMEMBER!

Safety First

If you're new to yoga, consider taking a class to learn proper form and avoid injuries.

Enjoy the Process

Sun salutations are a great way to start your day. Focus on your breath and movement, and let go of stress.



Nourish Your Mind and Body Daily

Repeat the following mantras to foster a sense of self-confidence and empowerment:

“

I AM OPEN TO NEW EXPERIENCES.

**I HONOR MY BODY
AND ITS CAPABILITIES.**

**I BREATHE DEEPLY AND
MOVE WITH INTENTION.**

**I AM STRONG. I AM FLEXIBLE.
I AM CAPABLE.**

**I EMBRACE THIS PRACTICE
WITH JOY AND GRATITUDE.**

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