

## Early morning Yoga

Yoga at anytime of day is great, but yoga in the early morning is sublime! The hardest part of the morning is waking up. In a mere few minutes people have to transformed from sleep mode to high energy level — ready and eager to take on the day. There is no better way to start the day. The way I see it, practice yoga early and enjoy the benefits all day long

During sleep, the muscles of the bodies can become stiff and tight. This is why early morning stretches are a good way to start morning off right. Not only do stretches help in loosen up, they also increase the blood flow to the muscles. Some enjoy exercising in the early evening, since exercise helps them relieve the stresses of the day and relax for the night. For others, exercising vigorously at night may keep them awake longer.

### **Parivrtta Trikonasana** -Revolved Triangle Pose

In Sanskrit, Parivrtta means to turn around and trikona means three angles.

- ❖ Stand in **Tadasana**. With an exhalation, step feet 3½ to 4 feet apart. Raise arms parallel to the floor and reach them actively out to the sides, shoulder blades wide, palms down.
- ❖ Turn your left foot in 45 to 60 degrees to the right and your right foot out to the right 90 degrees. Align the right heel with the left heel. Firm the thighs and turn the right thigh outward, so that the center of the right kneecap is in line with the center of the right ankle.
- ❖ With an exhalation, turn torso to the right, and square the hip points as much as possible with the front edge of your sticky mat. As you bring the left hip around to the right, resist the head of the left thigh bone back and firmly ground the left heel.
- ❖ With another exhalation, turn your torso further to the right and lean forward over the front leg. Reach your left hand down, either to the floor. Allow the left hip to drop slightly toward the floor.
- ❖ Stay in this pose anywhere from 30 seconds to one minute. Exhale, release the twist, and bring your torso back to upright with an inhalation.

Repeat for the same length of time with the legs reversed, twisting to the left.