

IN-BED OR ON-MAT ROUTINE GUIDE

Morning Stiffness



5 Gentle Movements to Start Your Day

A few minutes of gentle movement can help your body smoothly transition from rest to motion.



EXERCISES

1. Diaphragmatic Breathing

Place your hands on your ribs. Inhale through the nose, expand sideways. Exhale through the mouth slowly. Repeat 5–8 breaths.

2. Pelvic Tilts

Gently tilt your pelvis to flatten your lower back on an exhale, then return to neutral with an inhale. Slow, controlled. 8–10 reps.

3. Knee-to-Chest

First, hug both knees in and hold for 5 breaths. Then, draw one knee in, hold for a few breaths, switch sides.

4. Side-to-Side Knee Drops

Bend your knees and place your feet wide. Let knees drop side to side in a range available. Keep it gentle, no forcing.

5. Ankle Pumps & Circles

Point, flex, then circle your feet. Wake up circulation before standing.

