



# Rise & shine Yoga

Tuesdays 6:30-7:30 am

Thursdays 7:30-8:30 am

Start your morning by nourishing.

The practice of **Surya Namaskar** (sun salutation) was traditionally performed at sunrise, as a way to greet the sun and the arrival of a new day. Some reasons why:

- The immune system works best when activated first thing in the morning
- Morning activity is mood-boosting
- Start your day focusing on each inhale and each exhale as a way to stay grounded and present

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with: Meredith Jabis