

# 7-Minute Morning Stretches

If every morning, you can find a reason to say,  
*"Yes, it's going to be a beautiful day"*  
And every day, you find a reason to say,  
*"Yes, its a beautiful day"*  
And every night, you find a reason to say,  
*"Yes, it was a beautiful day"*  
Then one day, you'll look back and easily say,  
*"Yes...it was a beautiful life."*

Standing Side Bend (*30 seconds each side*)

Downward Dog (*30 seconds*)

Cobra (*30 seconds*)

Crescent Lunge (*30 seconds each side*)

Cat (*30 seconds*)

Cow (*30 seconds*)

Pigeon (*30 seconds each side*)

Happy Baby (*30 seconds*)

Yogi Squat (*30 seconds*)

Windshield Wiper (*30 seconds each side*)