

Moving with Morning Blessings

A Guided Yoga Practice with Jewish Song and Prayer

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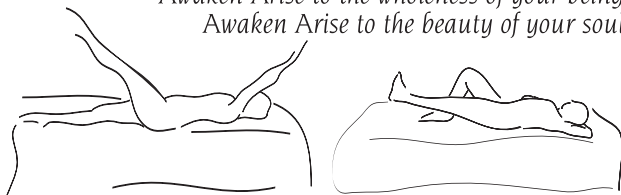
1. Waking Up - Breathe, Stretch

הַתְּעוֹרְרִי הַתְּעוֹרְרִי כִּי בָּא אוֹרֶךְ קוּמִי אוֹרִי.

Hit'o-r'ri hit'o-r'ri, ki va o-rech, kumi o-ri.

Awaken Arise to the wholeness of your being.

Awaken Arise to the beauty of your soul.



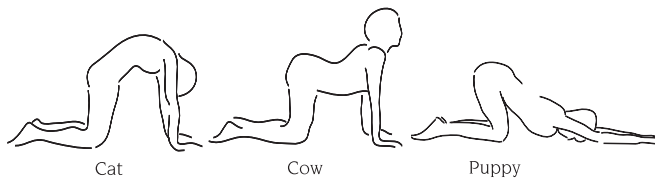
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2. & 3.

מוֹדֶה/אָה אֲנִי לְפָנֶיךָ רוּחַ חַי וְקַיִם.

Modeh/ah ani l-fa·necha ru·ach chai, v-ka·yam.

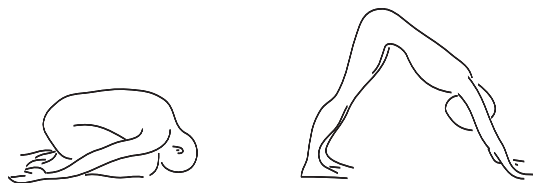
I give thanks to you, Living Spirit of the Universe.



Cat

Cow

Puppy



Child's

Downward Facing Dog

4. מָה טוֹבוּ אוֹהֶלְךָ יַעֲקֹב מִשְׁכְּנוֹתֶיךָ יִשְׂרָאֵל.

מָה טוֹבוּ אוֹהֶלְךָ שָׂרָה מִשְׁכְּנוֹתֶיךָ רִבְקָה.

Mah tovu oha·lecha Ya·akov,

mish'k'no·techa Yisrael.

Mah tovu oha·la·yich Sarah,

mish'k'no·ta·yich Rivkah.

How goodly are your tents, Jacob/Sarah,
Your dwelling places, Israel/Rebekah.



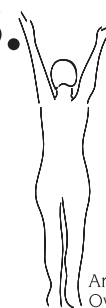
Mountain

5.

אֱלֹהֵי נִשְׁמָה שְׁנִתְּתָ בִּי
מְהוֹרָה הִיא.

Elohai Neshama sheh·na·tata bi, t'ho·rah hi.

My God, the soul which
you have placed within
me is pure.



Arms Extended
Over Head

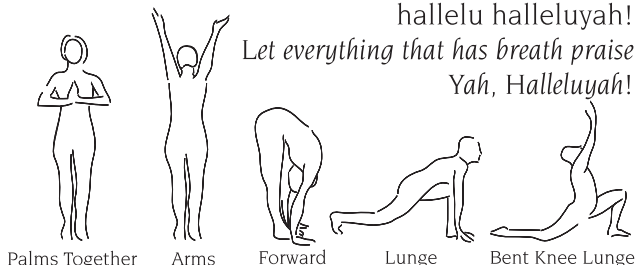


Palms Together
Over Heart

6. כָּל הַנְּשָׁמָה תְּהַלֵּל יָהּ הַלְלוּ הַלְלוּיָהּ!

Kol Ha-n'shama t'hallel Yah,
hallelu halleluyah!

Let everything that has breath praise
Yah, Halleluyah!



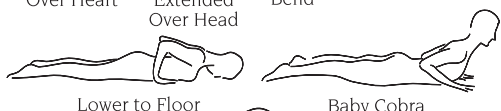
Palms Together
Over Heart

Arms
Extended
Over Head

Forward
Bend

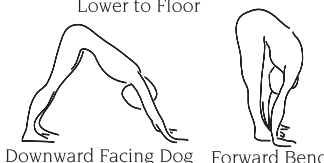
Lunge

Bent Knee Lunge



Lower to Floor

Baby Cobra



Downward Facing Dog

Forward Bend

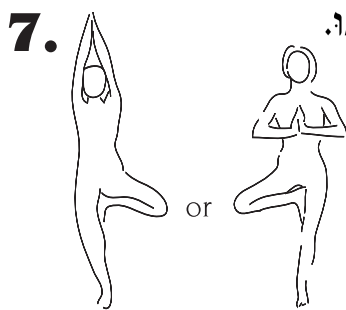


Palms
Together
Over
Heart

7. אַהֲבָה רַבָּה אַהֲבַתָּנוּ.

Ahava Raba
Ahav'tanu.

With a great love you
have loved us.



Tree: Raised Arms or Palms Together Over Heart

8. & 9. Choose Your Own Movement

שְׁמַע יִשְׂרָאֵל יְיָ אֱלֹהֵינוּ יְיָ אֶחָד.

Sh'ma Yis'ra-el Adonai Eloheynu Adonai Echad.

Hear O Israel: The Eternal is Our God, the Eternal is One.

לְךָ דְּמִיָּה תְהִלָּה.

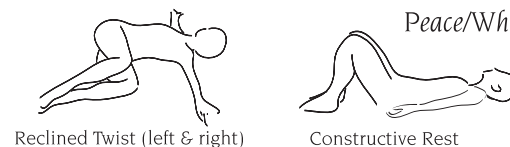
L'cha dumi·yah tehilla.

To you, silence is praise.

10. שְׁלוֹם

Shalom

Peace/Wholeness



Reclined Twist (left & right)

Constructive Rest

11.

בְּיָדוֹ אֶפְקִיד רוּחִי
בְּעֵת אִישָׁן וְאֵעִירָה.

וְעַם רוּחִי גִוִּיתִי

יָהּ לִי וְלֹא אֵירָא.



Relaxation

B'yado af'kid ru·chi. B-yet ishan v-a·ira.

V-im ru·chi, g'vi·yati. Adonai li, v-lo·ira.

Into your hand, I trust my soul.
Night and day your light is near.

All that I am is one with you.
I'm not alone, I shall not fear.