

Hey there,

- Are you the last thing on your long to-do list?
- Do you take care of everyone else and not yourself?
- Do you only take care of yourself when you are sick or even hospitalized?

You are NOT alone. I've been there and too many of my clients have been there too.

Why do we do this to ourselves? Who heals the healer? Who nurtures the nurturer?

I help women who struggle to release their physical, spiritual, and emotional baggage so they feel amazing in their bodies and powerful in their life. I help YOU Right-size Your Body and Right-Size Your Life.

This **Mood Lifting Yoga Flow** is perfect for when you wake up with low energy, need a boost in your afternoon, or otherwise can't get yourself out of a funk. It's a quick, easy way to get yourself going again.

Got any questions on how to do the moves after reading this? Reach out to me!

Book a complimentary breakthrough session
JoyousOcean.com/ChatWithDionne

Joy is your birthright.
Transformation is possible.
Live Life INjoy!

Here's to living life
INjoy,
dionne
Dionne C. Monsanto
Chief Joy Connector
dionne@joyousocean.com

MOOD LIFTING FLOW



Sometimes you wake up on the "wrong side of bed". Use this less than 10 minute flow to move yourself out of a funk. In the morning or any time of the day, movement can be a great fix to lift your spirits. Go through the movements below, 10-reps each, one time without rest, and then repeat once more for a total of 20 reps.

Reps: 20
Activity: Yoga
Goal: Lift Your Mood

1 easy pose

1. Start sitting in your bed or on the floor in a comfortable cross-legged position with your eyes closed and hands placed gently on your knees.
2. Wake up your internal organs by slowly moving your torso in clockwise circles for 10 reps.
3. Then, repeat in the opposite direction for 10 reps.

tip: This should feel meditative, it's your time to come into your body, wake up, and be present with the effort that's about to happen.



2 side stretch

1. From your original seated position, reach your right arm up and over your head, bringing your left hand beside you for added support.
2. Reach as far to the left as possible, feeling a stretch through the right side body. Hold for 3 to 5 breaths. Repeat on the opposite side.



3 extended child's pose

1. Sit back on your heels and stretch your arms forward, relaxing your forehead to the ground.
2. Feel your lower back, hips and waist lengthening as you tap into your deep breathing.
3. Slowly crawl your hands toward the right, keeping your hips in place. Feel a stretch up the left side body. Hold this for 4 breaths.
4. Repeat on opposite side.



4 down dog

1. Get on your hands and knees and set your knees directly below your hips and your hands slightly in front of your shoulders. Spread your palms and keep your index fingers parallel or slightly turned out. Tuck your toes under.
2. Exhale and lift your knees away from the floor as you push your hips up toward the ceiling and press your shoulders away from your ears.
3. As you exhale, push your thighs back and press your heels down on the floor.

tip: This movement is the first time in this series that you're really starting to engage muscles throughout the body. Really focus on pulling that lower belly in and pressing into your fingers. To make sure that you're putting pressure throughout the whole hand, slowly lift up the fingers one by one and then press them back down.



5 side stretch

1. Stand with your feet hip-width apart.
2. Slowly bend forward, allowing your head to hang between your legs. For added stretch, hold each elbow with the opposite hand.
3. Hold this for 4 to 6 breaths.



6

extended mountain

1. Stand with feet hip--width apart.
2. Lift all 10 toes off the ground, spread them wide... then set them back down.
3. Engage your quads and draw your navel in.
4. Reach your hands up toward the sky.
5. Hold this for 4 to 6 breaths.



7

widelegged forward fold with twist

1. Stand with your feet about 3 or 4 feet apart.
2. Place your hands on your hips, take a breath in and hinge forward at the hips until your torso is parallel to the floor. Place the palms of your hands on the ground with fingers spread apart. Your hands should be in line with your feet. At this point, you may feel a nice stretch on the inside of your thighs, hamstrings and calves. Your head and neck should remain relaxed and shoulder blades pressed slightly down and back toward each other.
3. If this feels like a good stretch, you can stop here and hold for 30 to 60 seconds, taking slow, deep breaths.
4. To progress further, turn one of your hands toward the sky while twisting your torso to that side.
5. Turn your head toward the raised hand as long as you do not have any neck problems. Stop when you feel a stretch and hold for 30 to 60 seconds, taking slow inhales and exhales.
6. Repeat on the opposite side.



about dionne



Dionne C. Monsanto, Chief Joy Connector and Founder of Joyous Ocean LLC, connects people to their joy. As a bestselling author, life transformation coach, speaker, mental health advocate, and performer, she creates the space for her clients to safely realize their goals and build better versions of themselves.

Dionne's belief is that we can collectively change the world if we each build a joy-filled healthy body to support the lives we want to live. In short Dionne helps people Live Life INjoy! With her support, her clients create their "right-size" bodies and lives.

After leaving a successful financial services career, Dionne turned her passion for yoga, as well as her love of dance, into a budding six-figure business and has inspired communities and transformed clients all over the world. The "Dionne effect" has reshaped bodies and lives in 6 of the 7 continents. She is a native New Yorker but a global citizen. As such she has been on TV, radio and in print. Her most recent features were on CBS News and in Time Magazine.

She sits on the National Chapter Leadership Council for the American Foundation for Suicide Prevention (AFSP) and is an active volunteer with her local AFSP NYC Chapter as well. She is a helper who loves cooking, music and laughter. She sees them all as moving meditations.

Connect with Dionne on social media:

- Instagram @DionneCMonsanto
- LinkedIn [linkedin.com/in/DionneCMonsantoINjoy](https://www.linkedin.com/in/DionneCMonsantoINjoy)
- Facebook @DionneCMonsantoINjoy
- Twitter @JoyousOcean

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