

Morning Yoga Flow

This energizing yoga flow is great way to wake-up in the morning. This sequence will take about 10-15 minutes, flow one breath to one movement to build up heat within the body.



Table Top



Inhale Cow Pose

Cat/Cow
2-3 times



Exhale Cat Pose



Child's Pose (2-3 breaths)

Child's Pose to
Table Top
2-3 times



Table Top



Downward Facing Dog

Sun A (Flow through at least two times)



Forward Fold

Forward Fold
to Half Way Lift
2-3 times



Half Way Lift



Forward Fold



Mountain Pose
Variation



Side Body Stretch
(Lean Right)



Side Body Stretch
(Lean Left)



Mountain Pose
Variation



Forward Fold



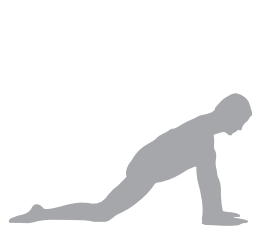
Half Way Lift



Downward Facing Dog

Continued on next page

Sun B (Flow through at least Twice per side. Right side first.)



Low Lunge



Low Lunge with Twist



Baby Crescent Pose



Half Split



Low Lunge



Full Crescent



Warrior 3



One Legged Mountain Pose



Full Crescent



Warrior 2



Wide Leg Forward Fold



Runner's Lunge



Downward Facing Dog

End of Sun B



Half Pigeon



Table Top



Seated Forward Fold
(2-3 breaths)



Easy Pose
(10 breaths)

Tip: Choose a meditation of your chose for the end of this flow.