

# YOGA FOUNDATION SEQUENCE

Duration: 30 Minutes Focus: Flexibility & Balance

Done	Pose Name	Duration/Breaths
	Mountain Pose <i>Tadasana</i>	5-10 Deep Breaths
	Downward Facing Dog <i>Adho Mukha Svanasana</i>	1 Minute
	Warrior I <i>Virabhadrasana I</i>	5 Breaths per side
	Warrior II <i>Virabhadrasana II</i>	5 Breaths per side
	Tree Pose <i>Vrksasana</i>	30 Seconds per side
	Child's Pose <i>Balasana</i>	2 Minutes
	Corpse Pose <i>Savasana</i>	5 Minutes

## PRACTICE NOTES:

"Yoga is the journey of the self, through the self, to the self."