

YOGA PRACTICE SEQUENCE

Mindful Movement & Stillness

Date: _____ Duration: _____ Intention: _____

CENTERING & BREATHWORK

Done	Posture / Exercise	Duration
	Easy Pose (Sukhasana) & Pranayama	5 Minutes
	Cat-Cow Stretch	5 Rounds

SUN SALUTATIONS

Surya Namaskar A	3-5 Rounds
Surya Namaskar B	2 Rounds

STANDING & BALANCE

Warrior I & II (Virabhadrasana)	5 Breaths Each
Triangle Pose (Trikonasana)	5 Breaths Each
Tree Pose (Vrksasana)	1 Minute Each

SEATED & FLOOR

Pigeon Pose (Eka Pada Rajakapotasana)	2 Minutes Each
Seated Forward Fold (Paschimottanasana)	10 Breaths

FINAL RELAXATION

Corpse Pose (Savasana)

5-10 Minutes

Notes: _____