

# HATHA YOGA MORNING FLOW

Duration: 30 Minutes • Focus: Flexibility & Balance

## **Mountain Pose**

*Tadasana*

## **Tree Pose**

*Vrksasana*

## **Downward Dog**

*Adho Mukha Svanasana*

## **Warrior II**

*Virabhadrasana II*

## **Cobra Pose**

*Bhujangasana*

## **Corpse Pose**

*Savasana*

Minimalist Yoga Series © 2024 • Breathe deeply and hold each pose for 5-10 breaths.