

# MORNING AWAKEN SEQUENCE

Gentle Flow & 15 Minutes & Mindful Breath

**Mountain Pose** *Tadasana* **1 MINUTE**  
**Forward Fold** *Uttanasana* **5 BREATHS**  
**Plank Pose** *Phalakasana* **30 SECONDS**  
**Downward Dog** *Adho Mukha Svanasana* **1 MINUTE**  
**Cobra Pose** *Bhujangasana* **5 BREATHS**  
**Child's Pose** *Balasana* **2 MINUTES**

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DAILY PRACTICE LOG & MINIMALIST SERIES 01