

# VINYASA FLOW

## Sequence Checklist & Practice Tracker

Date: \_\_\_\_\_ Duration: \_\_\_\_\_

### Centering & Warm-up

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Child's Pose (Balasana)

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Cat-Cow Stretch

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Downward Facing Dog

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Forward Fold (Uttanasana)

### Sun Salutations (Surya Namaskar)

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Plank to Chaturanga

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Upward Facing Dog

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Mountain Pose (Tadasana)

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Chair Pose (Utkatasana)

### Standing Flow & Balance

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Warrior I (Virabhadrasana I)

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Warrior II (Virabhadrasana II)

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Reverse Warrior

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Extended Side Angle

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Triangle Pose (Trikonasana)

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Tree Pose (Vrksasana)

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## Floor & Restoration

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Pigeon Pose (Kapotasana)

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Bridge Pose (Setu Bandha)

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Supine Twist

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Corpse Pose (Savasana)

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Minimalist Yoga Template â€œ Breathe â€œ Flow â€œ Release