

# YOGA FLOW SEQUENCE

Sequence Name:

Duration:

Date:

DONE	SKETCH	POSE & INSTRUCTION	DURATION
	<input type="checkbox"/>	Mountain Pose (Tadasana) <i>Inhale / Exhale - Center your energy</i>	1 min
	<input type="checkbox"/>	Forward Fold (Uttanasana) <i>Exhale - Release the spine</i>	30 sec
	<input type="checkbox"/>	Downward Facing Dog <i>5 Deep Breaths</i>	1 min
	<input type="checkbox"/>	Warrior I (Virabhadrasana I) <i>Inhale - Reach upward</i>	45 sec
	<input type="checkbox"/>	Child's Pose (Balasana) <i>Exhale - Deep rest</i>	2 min

Notes: Focus on steady breath and mindful transitions.