

MORNING YOGA FLOW

Intention: Clarity & Energy & Duration: 30 Minutes

TIME	SEQUENCE/POSE	FOCUS AREA	DONE
0-5m	Child's Pose & Breathing	Centering & Lung Expansion	
5-10m	Cat-Cow & Downward Dog	Spinal Mobility & Hamstrings	
10-20m	Sun Salutations (A & B)	Full Body Warmth & Flow	
20-25m	Warrior II & Triangle	Strength, Balance & Hips	
25-30m	Savasana & Meditation	Integration & Mental Clarity	

DAILY REFLECTIONS / NOTES

Write down how you feel today...

"The body benefits from movement, the mind benefits from stillness."