

BEGINNER YOGA SEQUENCE

Duration: 20 Minutes • Focus: Flexibility & Foundation

01 Mountain Pose *Tadasana*

Stand tall with feet together, shoulders relaxed, and weight distributed evenly.

02 Downward Dog *Adho Mukha Svanasana*

Form an inverted 'V' shape with your body, pressing heels toward the floor.

03 Warrior I *Virabhadrasana I*

Step one foot forward into a lunge, reaching arms toward the ceiling.

04 Tree Pose *Vrksasana*

Balance on one leg, placing the sole of the opposite foot on your inner thigh.

05 Child's Pose *Balasana*

Kneel and sit on your heels, folding forward with forehead to the mat.

06 Corpse Pose *Savasana*

Lie flat on your back, arms at sides, palms up. Breathe naturally.