

FULL BODY YOGA SEQUENCE

Duration: 45 Minutes • Focus: Flexibility & Balance

CENTERING & WARM-UP

01

Child's Pose

Balasana - 2 Minutes

02

Cat-Cow Stretch

Chakravakasana - 5 Rounds

SUN SALUTATIONS

03

Downward Facing Dog

Adho Mukha Svanasana - 5 Breaths

04

Mountain Pose

Tadasana - Alignment focus

STANDING STRENGTH

05

Warrior II

Virabhadrasana II - Each Side

06

Extended Triangle

Utthita Trikonasana - 5 Breaths

COOL DOWN & SAVASANA

07

Pigeon Pose

Eka Pada Rajakapotasana

08

Corpse Pose

Savasana - 5-10 Minutes

Personal Practice Notes: