

GENTLE YOGA FLOW

Duration: 20 Minutes • Level: Beginner • Focus: Restoration

01

Child's Pose (Balasana)

Hold for 2 minutes. Focus on deep belly breathing and releasing the lower back.

02

Cat-Cow Stretch

5-10 repetitions. Synchronize movement with breath to wake up the spine.

03

Downward Facing Dog

Hold for 5 breaths. Pedal the feet gently to stretch the hamstrings.

04

Low Lunge (Anjaneyasana)

Hold 30 seconds per side. Keep chest lifted and hips squared forward.

05

Seated Forward Fold

Hold for 1 minute. Keep a slight bend in knees if hamstrings are tight.

06

Reclined Spinal Twist

Hold 1 minute per side. Keep both shoulders grounded on the mat.

07

Happy Baby Pose

Hold for 45 seconds. Gently rock side to side to massage the spine.

08

Savasana (Corpse Pose)

Hold for 5 minutes. Complete stillness. Allow the body to fully integrate the practice.

Notes: Move slowly between transitions. If any pose causes sharp pain, back out immediately. Use blocks or pillows for extra support as needed.