

MORNING FLOW

15 Minutes • Gentle Rejuvenation

Child's Pose

5-10 deep breaths. Focus on grounding and opening the lower back.

Cat-Cow Stretch

6 repetitions. Synchronize movement with breath to wake up the spine.

Downward Facing Dog

Hold for 5 breaths. Pedal the feet to stretch hamstrings and calves.

Forward Fold

Hold for 30 seconds. Allow the head and neck to hang heavy.

Mountain Pose

Find balance. Reach arms overhead for a full body extension.

Warrior I

Hold for 3 breaths per side. Build heat in the legs and core.

Tree Pose

Focus on a single point ahead. Promotes mental clarity and focus.

Corpse Pose

2 minutes of stillness. Set an intention for the day ahead.

Note: Listen to your body. Move slowly and stay hydrated.