

Morning Yoga Flow - Gentle Guide

☐☐ Morning Yoga Flow Sequence

Start your day with this gentle, energizing yoga sequence designed to awaken your body and mind.

☼☐ Flow Sequence (25 minutes)

Centering & Breath (3 minutes)

- Comfortable seated position
- Close eyes, deep breathing
- Set intention for the day

Gentle Warm-up (5 minutes)

Cat-Cow Pose: 1 minute

On hands and knees, alternate between arching and rounding spine

Neck Rolls: 30 seconds each direction

Gentle circular motions to release neck tension

Shoulder Rolls: 1 minute

Large circular motions to open shoulders

Gentle Twists: 1 minute each side

Seated spinal twists to wake up the spine

Standing Flow (10 minutes)

Mountain Pose: 1 minute

Stand tall, feet hip-width apart, arms at sides

Forward Fold: 1 minute

Hinge at hips, let arms hang or hold elbows

Halfway Lift: 30 seconds

Hands to shins, flat back, heart forward

Downward Dog: 2 minutes

Inverted V-shape, press palms down, lift hips up

Warrior I: 2 minutes each side

Step one foot forward, arms up, strong foundation

Tree Pose: 1 minute each side

Balance on one foot, other foot on inner thigh or calf

Floor Sequence (5 minutes)

Seated Forward Fold: 2 minutes

Sit with legs extended, fold forward over legs

Spinal Twist: 1 minute each side

Seated, one leg crossed, twist toward raised knee

Happy Baby: 1 minute

On back, knees to chest, hold feet

Relaxation (2 minutes)

- Savasana (Corpse Pose)
- Complete stillness and relaxation
- Focus on breath and body awareness

★ Yoga Principles

- **Listen to your body:** Never force poses or push through pain
- **Breathe deeply:** Connect movement with breath
- **Stay present:** Focus on the current moment and pose
- **Be patient:** Progress comes with consistent practice

▮ Session Stats

Duration: 25 minutes

Calories: 80-120

Difficulty: Beginner

Equipment: Yoga mat

🧘 Benefits

- Improves flexibility
- Increases strength
- Reduces stress
- Enhances balance
- Boosts energy

💡 Modifications

- Use blocks for support
- Bend knees in forward folds
- Hold wall for balance poses
- Skip poses that cause discomfort