

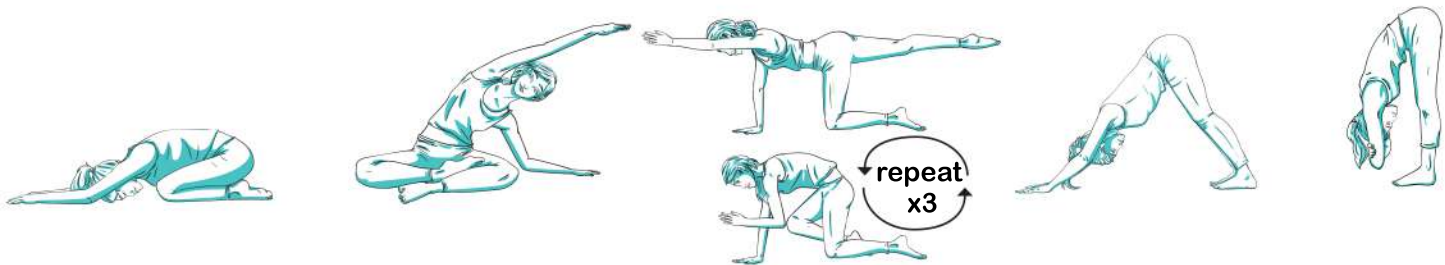
MORNING FLOW YOGA ROUTINE

yogarove.com

Hold each pose 3-5 breaths. Repeat on the other side before moving to the next section.

WARM UP

- 1 Child's Pose 2 Seated Side Bend 3 Bird-Dog Crunch 4 Down Dog 5 Ragdoll



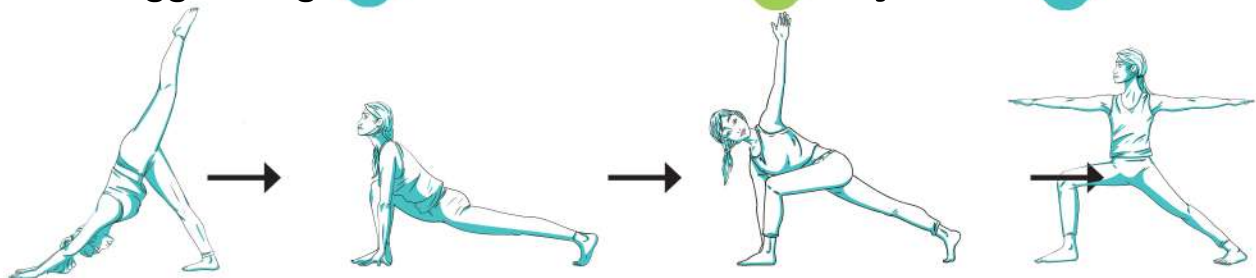
MODIFIED SUN SALUTATIONS (1-3 ROUNDS)

See Mod. Sun Salutation printable for step-by-step



WAKE UP FLOW

- 7 Three Legged Dog 8 Low Lunge 9 Easy Twist 10 Warrior II



- 11 Reverse Warrior 12 Low Lunge 13 Down Dog



WIND DOWN

- 15 Supine Twist 16 Savasana

