

Beginner Morning Flow

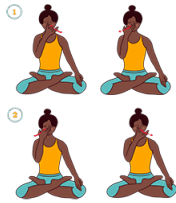
Undine Almani



1. Sukhasana +
Gyan Mudra



2. Gentle joint
warm-up



3. Alternate Nostril
Breathing Nadi
Shodhana



4. Cat Cow Pose
Bitilasana
Marjaryasana



5. Half Pigeon Pose
Ardha
Kapotasana



6. Head to Knee
Pose Janu
Sirsasana



7. Sun Salutation A
Surya Namaskar A



8. Mountain Pose
Tadasana



9. Tree Pose
Vrksasana



10. Standing Side
Bend Pose



11. Palm Tree Pose
Side Bend Parsva
Bhanga



12. Revolved
Downward Facing
Dog Pose



13. Reverse Warrior
Pose Viparita
Virabhadrasana



14. Extended Side
Angle Pose
Variation Elbow
Arm Utthita
Parsvakonasana
Variation Elbow
Arm



15. Plank Pose
Phalakasana



16. Cobra Pose
Variation Arms
Bhujangasana
Variation Arms



17. Child Pose
Balasana



18. Child Pose
Variation Both
Arms To Side
Balasana Variation
Both Arms To Side



19. Easy Pose
Variation Side Bend
Sukhasana
Variation Side Bend



20. Bridge Pose
Setubandha
Sarvangasana



21. Staff Pose
Dandasana



22. Half Lord Of
The Fishes Pose
Variation Hand Up
Leg Ardha
Matsyendrasana
Variation Hand Up
Leg



23. Corpse Pose
Savasana



24. Music