

# Daily Yoga Flow

A 20-minute sequence for mobility, strength and calm

## Before You Begin

Find a quiet space and a non-slip mat. Move slowly through each pose, breathing in and out through the nose. Hold each pose for 5 full breaths unless noted.

## Warm-Up (3 min)

- Seated breath — 1 minute, hands on belly
- Cat-Cow — 8 rounds, arching and rounding the spine
- Seated side bends — 4 each side

## Standing Sequence (10 min)

- Mountain Pose — root down through both feet
- Forward Fold — soft knees, release the neck
- Half Lift — flat back, hands on shins
- Low Lunge (each side) — back knee down, hips sink
- Downward Dog — pedal the feet, 5 breaths
- Warrior II (each side) — strong legs, soft gaze
- Triangle (each side) — long side body

## Floor Sequence (5 min)

- Pigeon Pose — 1 minute each side
- Bridge Pose — 3 lifts, holding the last for 5 breaths
- Supine Twist — 1 minute each side
- Happy Baby — release the lower back

## Closing (2 min)

- Savasana — lie flat, eyes closed, 2 full minutes
- Roll to right side, then slowly seated, hands at heart

## Tips for a Sustainable Practice

- Same time each day builds the habit faster than long sessions
- Skip the mirror — feel the pose instead of watching it

- Pair with magnesium and ashwagandha to deepen recovery