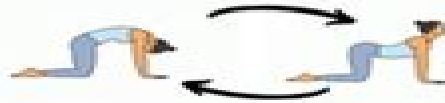


# 30 MIN BEGINNER VINYASA YOGA FLOW

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**Child's pose.**  
Deepen the breath. Optional side stretch.



**Cat-cow.**  
Repeat 3-5 times.



**Puppy pose.**  
5-8 breaths.



**Downward dog.**  
5-8 breaths.  
Walk the feet one by one, stretching the legs.



**Ragdoll.**  
5-8 breaths.  
Hold the opposite elbows, sway the body side to side.

## 2-3 rounds of Sun Salutation A (modify as needed)



**Chair pose.**  
5 breaths.



**Plank pose.**  
5 breaths.



**Sphinx pose.**  
5-8 breaths.



**Downward dog.**  
3-5 breaths.



**3-legged dog.**  
3 breaths.



**High lunge.**  
3-5 breaths.



**Downward dog.**  
3 breaths.

**Repeat on the other side**



**3-legged dog.**  
1-2 breaths.



**High lunge.**  
1-2 breaths.



**Warrior II.**  
5-8 breaths.



**Triangle pose.**  
5-8 breaths.



**Downdog.**  
1-2 breaths.

**Repeat on the other side**



**Seated twist.**  
5 breaths each side.



**Knees to chest.**  
Rock side to side.



**Happy baby.**  
5-8 breaths.



**Savasana.**  
Stay for 2 minutes or longer.

# Yoga For Beginners Ideas Warranty

**G Thomas**



## **Yoga For Beginners Ideas Warranty:**

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