2m

Sit On Heels or Cross-legged Connect With Breath

10

Extended Puppy

5

Box

Cow

Cat

5

Downward-Facing Dog with Hamstring Stretch

10

Standing Forward Bend

Mountain

5

Mountain with Arms Up

5

Grab R Wrist Bend To L

5

Grab L Wrist Bend To R

Standing Forward Bend

10

Halfway Lift

Plank

Four Limbed Staff

5

Cobra

5

Downward-Facing Dog

Halfway Lift

Core Energizing Morning Vinyasa Flow Yogabyiris.com

Feb 5, 2018 • 13 min • 51 poses

POCKET YOGA

Standing Forward Bend

Mountain with Arms Up

Mountain

Mountain with Arms Up

Standing Forward Bend

Halfway Lift

5

5

5

Downward-Facing Dog

Plank

Side Plank

Four Limbed Staff

Cobra

Extend arms or float hands

Downward-Facing Dog

Stretch L & R side body. Bring feet together, pivot to R, bend knees; repeat on L

Halfway Lift

Standing Forward Bend

Mountain with Arms Up

Text

Mountain

Mountain with Arms Up

Standing Forward Bend

POCKET YOGA

Halfway Lift

Downward-Facing Dog with Toe Raises

Plank

5

Side Plank

Four Limbed Staff

5

Cobra

Extend arms or float hands

Downward-Facing Dog

Halfway Lift

Standing Forward Bend

Mountain with Arms Up

Mountain

POCKET YOGA