

## 5 Minute Yoga Flow



Begin standing up straight on your mat.



Breath in through the  
nose.



While inhaling, raise  
your hands above your  
head.



Breath out through the  
nose.



While exhaling, bend forward over your knees and rest hands towards the ground.



Breath in through the nose.



While inhaling, step back with both legs.



Breath out through the nose.



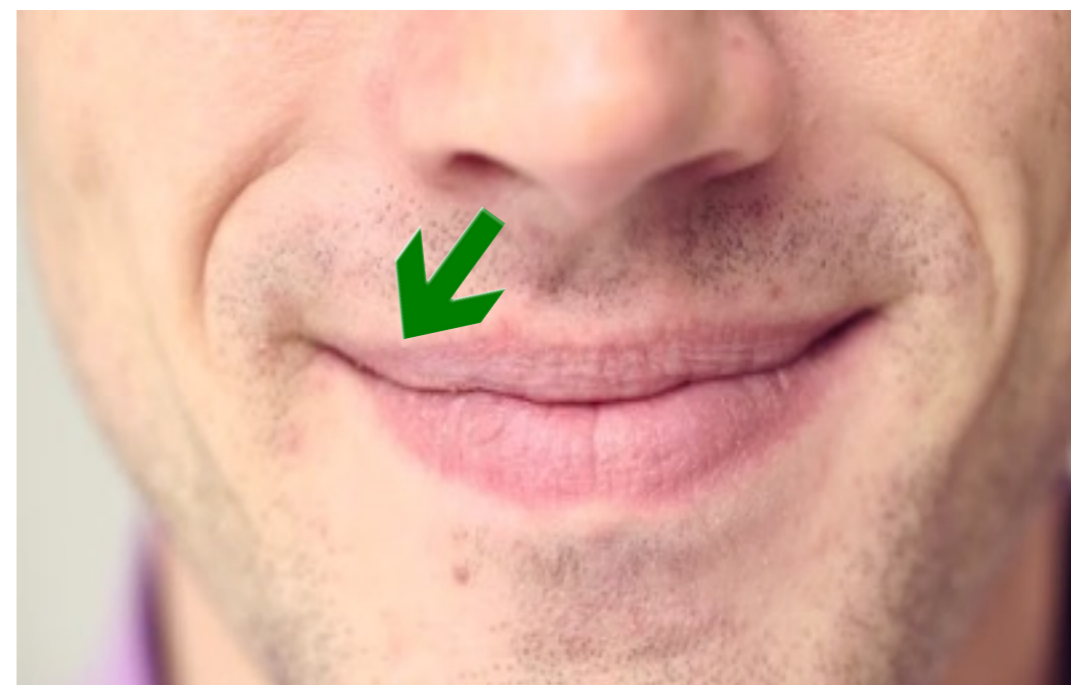
While exhaling, lift the body into upward dog.



Breath in through the nose.



While inhaling, lift body  
back into downward dog.



Breath out through the  
nose.



While exhaling, bring one leg forward into a lunge.

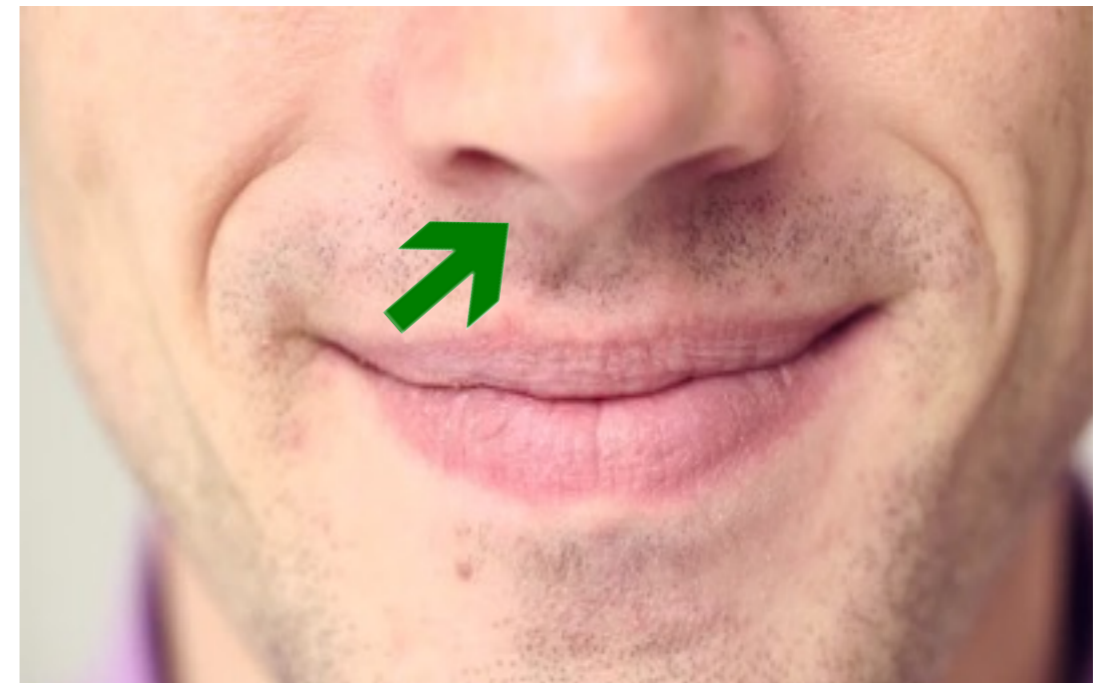


Breath in through the nose.





While inhaling, slightly lower the body and lift arms up.



Breath in and out through the nose, holding this posture for 3 breaths.



Breath in through the  
nose.



While inhaling, move your  
leg back to join the other  
one.



Breath out through the  
nose.



While exhaling, lift the  
body into upward dog.



Breath in through the  
nose.



While inhaling, move  
back into downward dog.



Breath out through the  
nose.



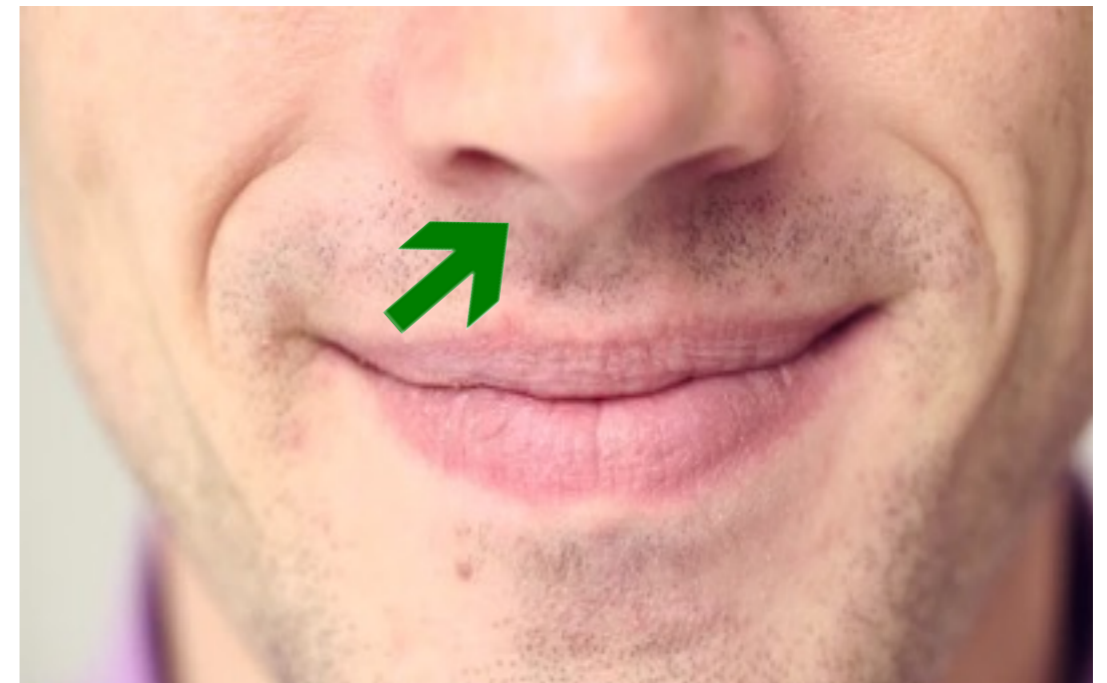
While exhaling, bring  
the other leg forward  
into a lunge.



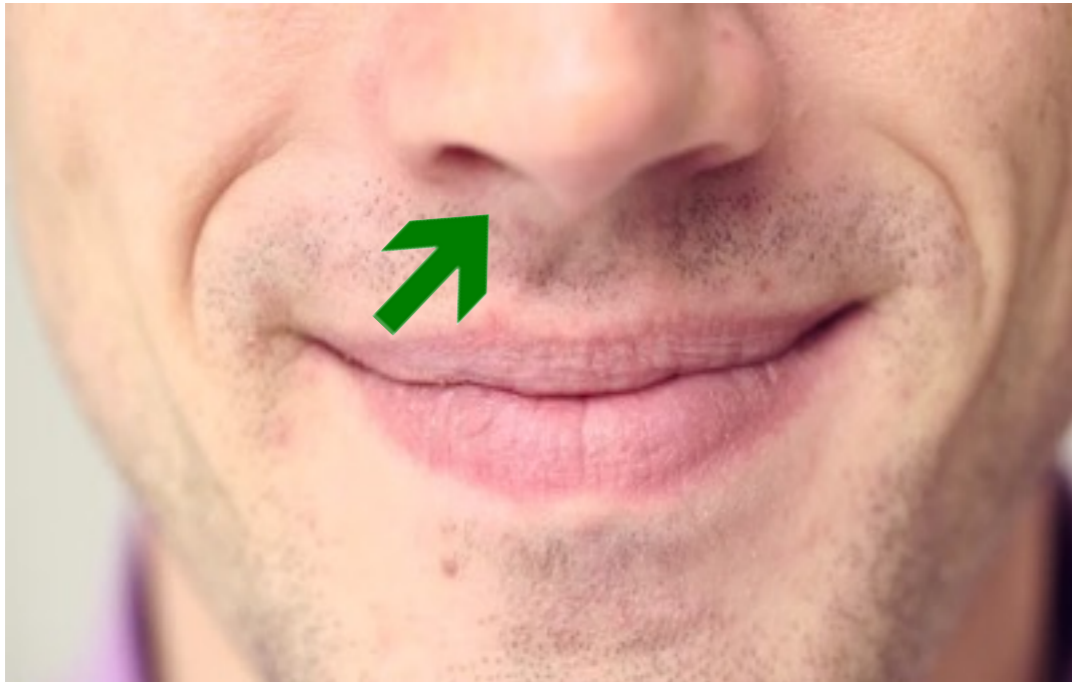
Breath in through the  
nose.



While inhaling, slightly lower the body and lift arms up.



Breath in and out through the nose, holding this posture for 3 breaths.



Breath in through the  
nose.



While inhaling, move your  
leg back to join the other  
one.





Breath out through the  
nose.



While exhaling, lower the  
body and come into upward  
dog.



Breath in through the  
nose.



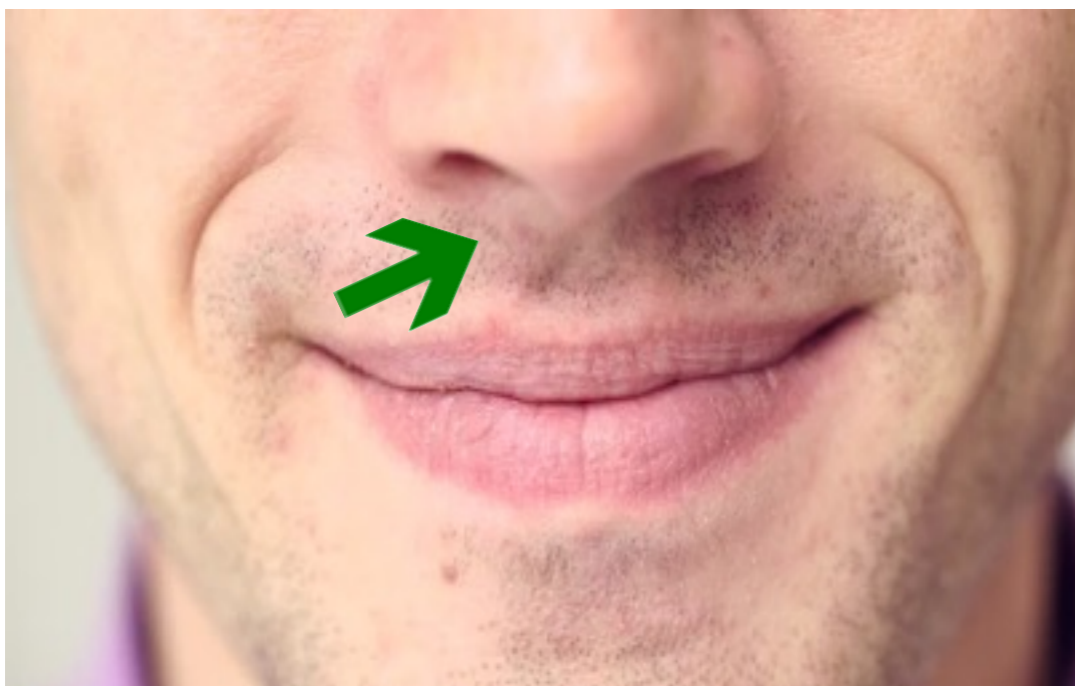
While inhaling, push body  
back into downward dog.



Breath out through the  
nose.



While exhaling, walk your  
feet up to come into a  
forward bend.



Breath in through the  
nose.



While inhaling, slowly lift  
the body up and arms over  
the head.



Breath out through the  
nose.



Exhale to bring arms back  
to side.



Now repeat the sequence  
4 times.