

20 MINUTE YOGA FLOW

FOR BEGINNERS



Using breath is one of the key things that differentiates a yoga pose from simply stretching. To learn how to do Ujjayi breath, and for more detailed pose instructions and modifications, visit www.livelighter.com.au/yoga or follow the QR code.



Neutral



Cow



Cat

Repeat this cycle 5 times



**Downward
facing dog**



Open twist

Hold each pose for 5 breaths

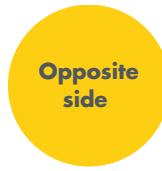
Repeat this cycle on your opposite side



**Downward
facing dog**



Lying twist



Lying twist



**Happy
baby**

Hold each pose for 5 breaths



**Downward
facing dog**



Warrior 2



**Reverse
warrior**



**Extended
side**

Hold each pose for 5 breaths

Repeat this cycle on your opposite side



Savasana

Lay for 5 minutes or longer