Perfect for your daily home practice, enjoy this nice stretchy dynamic morning flow, designed with a balance of standing, sitting, balance, twists, backbends and restorative postures to help you build strength, flexibility, openness and stillness in the body, heart and mind.

**Practice Tips**

**Sacred Space.** Set up a designated space in your home for practice. You can create a simple altar with beautiful objects, a candle, some incense and images of people who inspire you. Set up a timer too, this can help you keep a minimum practice time commitment.

**Meditate.** Take a moment to sit before you practice and set an intention.

**Breathe.** Make it a point to find your breath in each pose, to initiate each pose with the breath, and to keep using the breath as a tool to come back to the present moment as much as possible.

**Listen.** Listen to your body’s communication. Where and How does each pose feel? Try staying at least 5 full breaths in each pose or until you feel the peak of the stretch. Repeat the sequences as many times as feels good, and if you feel to add any embellishments or additional poses feel welcome.

**Celebrate!** You’ve shown up and made the efforts. Celebrate your wins. Whether you go through the whole sequence, or simply made it to the mat, you are winning!

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**Morning Flow . Dynamic & Energizing**

- **Level:** Beginner, Intermediate
- **Duration:** 90 mins
- **Playlist:** [https://soundcloud.com/user-702445002/sets/pure-flow-yoga-magic-1](https://soundcloud.com/user-702445002/sets/pure-flow-yoga-magic-1)
- **Focus:** Hips, heart, lower back, hamstrings
- **Props:** Block, Cushion, Strap
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19. Crescent High Lunge Pose
20. Plank Pose
21. Flow I
22. Repeat Poses Arrow
23. Dangling Pose

24. Classic Sun Salutation Variation

25. Dancing Warrior
26. Garland Pose
27. Dangling Pose
28. Mountain Pose Namaste
29. Tree Pose
30. Dancer Pose

31. Airplane Pose
32. Standing Split Pose
33. Garland Pose
34. Cosmic Egg
35. Both Big Toe Pose
36. Complete Boat Pose

37. Gentle Sit Up
38. Gentle Sit Up
39. Flow I
40. Three Legged Downward Facing Dog Pose
41. One-footed King Pigeon Pose
42. Pigeon Pose

43. Sleeping Swan Pose
44. Half Butterfly Pose Variation Forward Bend
45. Head to Knee Pose
46. Half Lord of the Fishes Pose
47. Staff Pose
48. Seated Forward Bend Pose

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49. Upward Plank Pose (Purvottanasana)
50. Bound Angle Pose (Baddha Konasana)
51. Reclining Bound Angle Pose (Supta Baddha Konasana)
52. Bridge Pose Block (Setu Bandha Sarvangasana Block)
53. Wheel Pose (Urdhva Dhanurasana)
54. Reclining Big Toe Pose A Variation (Supta Padangusthasana A Variation)
55. Wind Release Pose (Pawanmuktasana)
56. Reclining Big Toe Pose Straps (Supta Padangusthasana Straps)
57. Reclining Big Toe Pose A (Supta Padangusthasana A)
58. Reclined Big Toe Pose A Variation (Supta Padangusthasana A Variation)
59. Repeat Poses Arrow
60. Shoulderstand Pose (Sarvangasana)
61. One-Legged Shoulderstand Pose (Eka Pada Sarvangasana)
62. Plow Pose (Halasana)
63. Ear Pressure Pose (Karnapidasana)
64. Downward Facing Dog Pose (Adho Mukha Svanasana)
65. Fish Pose (Matsyasana)
66. Wind Release Pose (Pawanmuktasana)
67. Supine Spinal Twist Pose II (Supta Matsyendrasana II)
68. Happy Baby Pose (Ananda Balasana)
69. Full Body Stretch Pose (Greens Pose)
70. Half Moon Pose (Narasana)
71. Ujjayi Pranayama
72. Accomplished Pose (Siddhasana)