yogalike

Beginner standing sequence

About 7 min · holds and time to come into each pose



1. Mountain Pose

Arms by your sides · hold 30 s

Arrive. Feet under hips, arms long, breathing evenly.



2. Chair Pose

Shallower bend · hold 15 s

Sit back a little — the shallow version warms the legs without much effort.



3. Warrior I

Shorter stance · left side · hold 30 s



4. Warrior I

Shorter stance · right side · hold 30 s



5. Warrior II

Shorter stance · left side · hold 30 s



6. Warrior II

Shorter stance · right side · hold 30 s



7. Mountain Pose

Arms overhead (Urdhva Hastasana) · hold 30 s

Finish tall, arms reaching up.

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=mountain&variant=classic&hold=30&sequence=beginner-standing&step=1&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.