yogalike

Gentle morning yoga sequence

About 6 min · holds and time to come into each pose



1. Mountain Pose

Arms overhead (Urdhva Hastasana) · hold 30 s

Reach up and take a few long breaths.



2. Chair Pose

Hands at heart · hold 15 s



3. Downward-Facing Dog

Bent knees · hold 30 s

Fold forward, hands to the mat, and step back.



4. Cobra Pose

Baby cobra · hold 15 s

Lower down to the mat and lift the chest just a little.



5. Downward-Facing Dog

Bent knees · hold 30 s



6. Mountain Pose

Arms by your sides · hold 30 s

Walk to the front of the mat and come up slowly.

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=mountain&variant=arms-overhead&hold=30&sequence=gentle-morning&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.