

GOOD MORNING FLOW

Absolute Beginners

1



Child's Pose

2



Tabletop

3



Cow

4



Cat

5



Downward Dog

6



Forward Bend

7



Upward Salute

8



Forward Bend

9



Plank

10



Low Plank

11



Cobra

12



Child's Pose

13



Downward Dog

14



Right Foot Forward

15



Low Lunge

16



Forward Bend

17



Upward Salute

18



Upward Salute

19



Forward Bend

20



Left Foot Forward

21



Low Lunge

22



Plank

23



Low Plank

24



Cobra

25



Downward Dog

26



High Lunge - Right

27



Warrior II

28



Forward Bend

29



High Lunge - Left

30



Warrior II

31



Plank

32



Low Plank

33



Cobra

34



Child's Pose

35



Corpse's Pose

36



Seated Meditation



@yogakaliofficial



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Check out step-by-step instructions here: <https://yogakali.com/yoga-routines/simple-morning-yoga-flow-beginners/>