

SHORT YOGA FLOW

Absolute Beginners

1



Child's Pose

2



Downward Dog

3



Plank

4



Downward Dog

5



Standing Forward Bend

6



Mountain

7



Corpse

8



Seated Meditation



Repeat the sequence
in reverse order (6 to 1)
and back for longer
practice



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Check out step-by-step instructions here: <https://yogakali.com/yoga-routines/short-yoga-routine-beginners/>