

# LAZY YOGA FOR LOW-ENERGY DAYS

25 MIN

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1 Reclined Butterfly → 2 Half Knees-to-Chest → 3 Half Happy Baby → 4 **SWITCH SIDES 2-3** Knees-to-Chest → 5 Child's Pose

6 **FLOW THROUGH THE POSES 5 TIMES**  
 Cow → Downward Dog → Cow → Child's Pose → 7 **x5** Balancing Table → 8 **x5** Balancing Table W/ Hip Circles

9 Modified Side Plank → 10 **SWITCH SIDES 9-10** Gate Pose → 11 Low Lunge → 12 Half-Splits → 13 Revolved Low Lunge

14 **SWITCH SIDES 11-13** Standing Wide-Legged Forward Bend → 15 Hero Pose With A Twist → 16 **x5** Bridge → 17 Reclined Pigeon

18 **SWITCH SIDES 17-18** Reclined Twist → 19 Knees to Chest → 20 Corpse Pose



CLICK HERE for step-by-step instructions



repeat on the other side



alternate between sides/repeat X number of times; move with the breath



inhale/exhale