Easy Yoga Routines

**Morning Wake Up**

- Mountain Pose
- Chair Pose
- Forward Fold
- Low lunge (right leg forward)
- Downward dog
- Kneeling Plank
- Cobra
- Downward Dog
- Low lunge (left leg forward)
- Forward fold
- Chair Pose
- Mountain Pose

**Evening Wind Down**

- Easy Seated Position
- Three-part breath
- Seated lateral extension (both sides)
- Cat/Cow flow
- Kneeling side plank (both sides)
- Child's Pose
- Seated Spinal Twist (both sides)
- Reclined Pigeon/Number four stretch (both sides)
- Supine twist (both sides)
- Reclined Bound Angle with three-part breath
- Legs up the Wall

**Hips, Hamstrings, Back**

- Savasana
- Alternate Knee Stretch
- Figure 8 Knee Circles
- Bridge Pose flow
- Locust Pose (2x)
- Child's Pose
- Downward Dog
- Lizard Pose (left side)
- Half Splits (left side)
- Downward Dog
- Lizard Pose (right side)
- Half Splits (right side)
- Downward Dog
- Child's Pose