

Two Complete Yoga Flows

Gentle movement can help release physical tension that builds during stress or anxiety, and can support a calmer nervous system afterwards. Below are two complete flows, one to ease into the day and one to wind down before rest. Move slowly, breathe steadily, and stop at any point that feels uncomfortable.

Flow one: a gentle morning sequence

This flow is designed to wake the body gradually and settle the mind before the day begins.

1

Seated breath awareness

Sit comfortably and take five slow breaths before moving.

5 breaths

2

Cat and cow stretch

On hands and knees, alternate between arching and rounding your back.

6 to 8 rounds

3

Downward facing dog

Lift your hips upward, allowing your heels to reach gently toward the floor.

5 breaths

4

Low lunge, both sides

Step one foot forward into a gentle lunge, keeping your back knee soft.

5 breaths each side

5

Standing forward fold

Let your upper body hang gently, knees soft, releasing your neck.

5 breaths

6

Mountain pose with raised arms

Stand tall, reaching your arms upward as you inhale.

3 breaths

7

Seated closing breath

Return to sitting and take three slow breaths to finish.

3 breaths

Flow two: an evening wind down sequence

This flow favours longer, supported holds to help the body prepare for rest.

1

Child's pose

Kneel and fold forward, resting your forehead down with arms stretched ahead.

8 to 10 breaths

2

Seated forward fold

Sit with legs extended and fold gently forward from your hips.

6 to 8 breaths

3

Gentle seated twist, both sides

Sit cross legged and slowly twist your upper body to each side.

5 breaths each side

4

Reclined butterfly

Lie back with the soles of your feet together, knees relaxed outward.

8 to 10 breaths

5

Legs up the wall

Lie on your back with your legs resting up a wall or raised surface.

2 to 5 minutes

6

Final rest

Lie flat with arms relaxed at your sides, allowing your breath to settle completely.

2 to 5 minutes

How did your body feel before and after each flow?

Morning flow, before and after:

Evening flow, before and after:
