

# Good Morning Yoga Routine



Child's pose



Cow



Cat



Downward facing dog



Standing forward bend



Mountain



Chair pose



Standing forward bend



Runner's lunge



Revolved side angle pose



Low plank pose



Upward facing dog



Child's pose



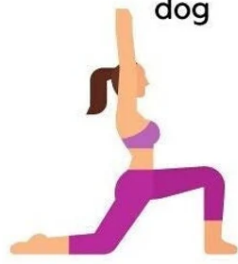
Hero pose



Downward facing dog



Runner's lunge



Low lunge



Downward facing dog



Warrior 1



Reverse warrior



Warrior 2



Extended side angle pose



Triangle pose



Downward facing dog



Pigeon pose



Child's pose



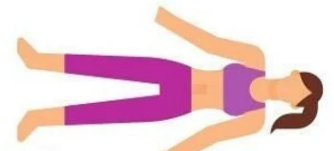
Meditation pose



Butterfly forward bend



Seated pose



Corpse