



# Petal & Paper

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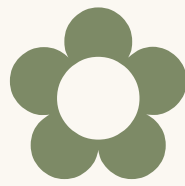
## Yoga sequence planner

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T O D A Y ' S   P R A C T I C E

# yoga sequence

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**Duration** · \_\_\_\_ minutes **Focus:** \_\_\_\_\_

**Warm-up (5 min)** · Cat-cow · child's pose · gentle twists

**Standing (10 min)** · Mountain · warrior I · warrior II · triangle

**Seated (10 min)** · Forward fold · butterfly · seated twist

**Supine (5 min)** · Bridge · happy baby · savasana

**Intention** · \_\_\_\_\_

B R E A T H E   ·   B E   P R E S E N T   ·   B E   P A T I E N T

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