MARSHALLS YOGA 2025'

1. **Flow Integration**: Instead of holding each standing pose for 30 seconds in isolation, flow between poses (e.g., Tree → Chair → High Lunge → Warrior 1 → Warrior 2 → Mountain) to build a rhythm and increase engagement.
2. **Core Engagement**: Incorporate transitions like Plank to Side Plank or Forearm Plank to Dolphin Pose for added core strength.
3. **Mindful Cool-Down**: Before Savasana, add a few restorative poses (e.g., Child's Pose, Legs-Up-the-Wall) to ease into deep relaxation.

Routine for 45- 50 min Practice

5- Min Meditation

- Sit in Easy Pose or lie in Savasana.
- Focus on natural, subtle breathing (Buddha Breath), in through the nose and out through the nose.

5-Min Dynamic Warm-Up

- Cat-Cow Pose: 3 rounds.
- Downward Dog to Plank Flow: 3 rounds.
- Sun Salutations (A): 2 rounds.

20-Min Standing Postures Flow

- Tree Pose: 30 seconds each side.
- Chair Pose → Squat Pose → High Lunge Pose (R/L): 30 seconds each.
- Warrior 1 → Warrior 2 (R/L): 30 seconds each.
- Mountain Pose: Hold for 5 deep breaths.

Flow through the above poses 2 times, transitioning smoothly.

10-Min Core Yoga Poses

- Boat Pose: 3x15 seconds.
- Plank to Forearm Plank: 3x15 seconds.
- Side Plank Pose (R/L): 30 seconds each side.
- Cat Pose to Cow Pose Flow: 5 rounds.
- Happy Baby Pose: 1 minute.

10-Min Floor Stretches

- Butterfly Pose: 1 minute.
- Pigeon Pose (R/L): 1 minute each.
- Seated Forward Bend Pose: 1 minute.
- Supine Spinal Twist (R/L): 1 minute each.
- Lying Knees-to-Chest Pose: 1 minute.

3-Min Savasana

- Lie flat on your back with arms relaxed by your sides.
- Focus on soft, natural breathing, releasing tension from head to toe.