

MORNING FLOW YOGA ROUTINE

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Hold each pose 3-5 breaths. Repeat on the other side before moving to the next section.

WARM UP

1 Child's Pose

2 Seated Side Bend

3 Bird-Dog Crunch

4 Down Dog

5 Ragdoll



MODIFIED SUN SALUTATIONS (1-3 ROUNDS)

See Mod. Sun Salutation printable for step-by-step



WAKE UP FLOW

7 Three Legged Dog

8 Low Lunge

9 Easy Twist

10 Warrior II



11 Reverse Warrior

12 Low Lunge

13 Down Dog



WIND DOWN

14 Supine Twist

15 Savasana



Act Practice Morning Routine Top

Edward Arundel Geare

Act Practice Morning Routine Top:

Morning Routine for Successful People: Brandon Scott, 2025-08-13 Morning Routine for Successful People What if the way you start your morning could transform everything from your productivity and focus to your mindset and overall quality of life Morning Routine for Successful People reveals how the most effective individuals across industries build their days with intention structure and clarity starting from the moment they wake up This book is your guide to designing a routine that doesn't just look good on paper but actually works for you Whether you're a busy entrepreneur a parent managing chaos a student craving stability or a creative seeking flow you'll find practical insights tailored to your lifestyle With powerful examples and grounded strategies this book breaks through the myths of rigid perfection and introduces an approach to mornings that's flexible intentional and deeply personal It's not about waking up at 5 AM just because someone else does It's about waking up with purpose and using your first hour to shape the next twenty three Inside This Book You'll Discover Why mornings matter more than you think and the science behind their impact How high achievers craft routines that align with their values and fuel their success Nighttime habits that silently determine the quality of your mornings Powerful mental strategies to overcome resistance and rise with energy The most important things successful people never skip in their first hour Creative realistic routines designed for parents entrepreneurs and professionals What to do when your routine isn't working and how to make it stick for good This book isn't about doing more It's about doing what matters consistently intentionally and in a way that aligns with your season of life Mornings don't need to be perfect to be powerful Scroll Up and Grab Your Copy Today

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