

45-MINUTE COMPLETE BEGINNER FLOW

MOVEMENT GUIDE | BENEFITS | HISTORY | SPIRITUAL REFLECTION

FLOW 2 OF 6

Morning Awakening

Gentle energy for the beginning of the day



inhale - exhale

Class map

A gradually brightening practice that mobilises the spine and shoulders, introduces a simple salutation and finishes with steady standing shapes.

INTENTION I meet this day with openness.

45-minute arc

ARRIVE 5 min

MOBILISE 10

min

SALUTE 10

min

STAND 10

min

COOL 5 min

REST 5 min

Props and setup

Mat, two blocks, optional chair for transitions and balance.

ACCOMPANYING MUSIC

Open the matching private Spotify playlist. Start it as students settle; allow the final track to continue beneath Savasana.

Open playlist in Spotify

Teaching rhythm

Demonstrate first, cue one action at a time, and leave several breaths of silence. Repeat standing work on both sides. Move slowly enough that beginners can stop, look and rejoin without feeling behind.

Movement guide

Part 1 | simplified diagrams are orientation cues, not exact anatomical templates.

Comfortable Seat

Sit on a folded blanket. Cross the legs loosely, place hands on thighs and lengthen through the crown.

WHY IT IS HERE

Creates a steady base for noticing breath and posture.

BEGINNER OPTION

Sit on a chair with both feet grounded.

Cat-Cow

Begin on hands and knees. Inhale to broaden the chest and tip the sitting bones back; exhale to round gently.

WHY IT IS HERE

Coordinates breath with spinal flexion and extension.

BEGINNER OPTION

Use fists, forearms or a chair if wrists are sensitive.

Bird Dog

From Tabletop, reach one leg back. Optionally extend the opposite arm; keep the pelvis level and breathe.

WHY IT IS HERE

Practises cross-body coordination and steady trunk support.

BEGINNER OPTION

Keep back toes on the floor or move only one limb.

Puppy Pose

Keep hips above knees, walk hands forward and lower the chest gradually while keeping the neck comfortable.

WHY IT IS HERE

Opens the front of the shoulders while the lower body stays supported.

BEGINNER OPTION

Rest the forehead and chest on cushions.

Movement guide

Part 2 | simplified diagrams are orientation cues, not exact anatomical templates.

Downward Dog

Tuck toes, lift knees and send hips up and back. Keep knees bent and press the floor away with both hands.

WHY IT IS HERE

Builds whole-body awareness and length through the back line of the body.

BEGINNER OPTION

Use a wall or remain in Tabletop/Child's Pose.

Ragdoll Fold

Stand with feet comfortable, bend knees generously and fold from the hips. Hold opposite elbows and release the head.

WHY IT IS HERE

Encourages release through the back body without requiring straight legs.

BEGINNER OPTION

Rest forearms on thighs or hands on blocks.

Half Sun Salutation

Inhale arms up; exhale fold with bent knees; inhale lengthen halfway with hands on shins; exhale fold; inhale rise.

WHY IT IS HERE

Links breath and large, simple movements in a repeatable pattern.

BEGINNER OPTION

Perform with hands sliding along the thighs and a shallow fold.

Beginner Sun Salutation

From Mountain, fold, step to hands-and-knees, lower gently, lift into a small Cobra, return through Child's Pose, then walk forward and rise.

WHY IT IS HERE

Builds confidence moving between standing and floor-based positions.

BEGINNER OPTION

Use blocks and omit any transition that feels rushed.

Movement guide

Part 3 | simplified diagrams are orientation cues, not exact anatomical templates.

Chair Pose

From standing, bend knees and send hips back as if toward a chair.

Keep weight through the feet and chest spacious.

WHY IT IS HERE

Builds accessible strength through the legs and trunk.

BEGINNER OPTION

Hover over or sit onto a real chair.

Low Lunge

Step one foot forward between the hands and lower the back knee.

Bring hands to blocks or front thigh and lift the chest.

WHY IT IS HERE

Explores hip extension and upright balance with the back knee supported.

BEGINNER OPTION

Pad the back knee and shorten the stance.

Warrior I

From a short split stance, turn the back toes slightly out, bend the front knee and lift the torso and arms.

WHY IT IS HERE

Develops steadiness, leg strength and coordinated upright posture.

BEGINNER OPTION

Keep hands on hips and use a shorter, wider stance.

Warrior II

Take a wide stance, turn one foot out, bend that knee and reach arms in opposite directions over the legs.

WHY IT IS HERE

Builds lower-body endurance and attentive alignment.

BEGINNER OPTION

Reduce the bend or rest hands on hips.

Movement guide

Part 4 | simplified diagrams are orientation cues, not exact anatomical templates.

Child's Pose

From hands and knees, ease hips toward heels and reach arms forward or rest them beside the body.

WHY IT IS HERE

Provides a quiet pause and a supported shape for back-body breathing.

BEGINNER OPTION

Place a cushion under the torso or stay in Tabletop.

Sphinx Pose

Lie on the front, place forearms under or slightly ahead of shoulders and gently lengthen the chest forward.

WHY IT IS HERE

Introduces a mild supported backbend and front-body opening.

BEGINNER OPTION

Move elbows forward or rest fully on the belly.

Reclined Twist

From the back, lower bent knees to one side and keep both shoulders relaxed. Return through centre before changing sides.

WHY IT IS HERE

Offers quiet rotational movement and a natural transition toward rest.

BEGINNER OPTION

Support the knees with cushions and reduce the range.

Savasana

Lie in any comfortable resting position. Allow the breath to be natural and let effort gradually release.

WHY IT IS HERE

Creates time for stillness, integration and non-doing at the end of practice.

BEGINNER OPTION

Lie on one side, bend the knees or sit supported in a chair.

Context, meaning and integration

A SHORT HISTORY

NOTE

Surya Namaskar, or Sun Salutation, has older ritual and devotional associations, while the flowing postural sequence commonly taught today was shaped and popularised in India during the early twentieth century. It is not one fixed ancient sequence; lineages teach it differently.

SPIRITUAL THREAD The sun can be understood literally as a source of warmth and life, or symbolically as clarity. Offer the practice to whatever you wish to cultivate today: courage, patience, kindness or simple wakefulness.

Closing words

Without judging the day ahead, sense the quiet energy already present. Choose one quality to carry with you, and let it guide the first few steps beyond the mat.

Responsible use

These materials are educational and are not medical advice. Benefits are phrased as practice aims, not treatment claims. Students should work within a pain-free range, keep breathing naturally and seek appropriate professional guidance for injuries, pregnancy, dizziness, balance disorders or other health concerns. A qualified teacher should review the sequence before using it with a group.

Cultural note

Yoga is a diverse family of South Asian traditions, not a single unchanging system. Sanskrit concepts are offered as invitations to study, not as decorative labels. Pronunciation, philosophy and history deserve continued learning from credible teachers and scholarship.

Selected further reading

Mallinson & Singleton, *Roots of Yoga* (2017); Mark Singleton, *Yoga Body* (2010); Edwin Bryant, *The Yoga Sutras of Patanjali* (2009); B.K.S. Iyengar, *Light on Yoga* (1966).