



Happy Poses Sequences

Ideas for exercise routines

Try these 10-15 minute exercise routines. Be inspired to make your own sequences.

Start of day

Mountain Pose
Side Stretch
Gentle Twist
Sunrise / Sunset
Strong Pose
Squeeze and Relax
Calm Breath
Heart-full Pose

End of day

Chin Up and Down
Head Turns
Gentle Twist
Squeeze and Relax
Lion Pose
Calm Breath
Quiet Mind
Rest and Restore

Stretch break

Squeeze and Relax
Sunrise / Sunset
Side Stretch
Strong Pose
Tree Pose
Head Turns
Gentle Twist
Smile Pose

Energize

Sunrise / Sunset
Energizing Breath
Strong Pose
Star Pose
Walk-in-Place
Tree Pose
Airplane Pose
Right Nostril Breathing

Flexibility

Mountain Pose
Side Stretch
Head Turns
Gentle Twist
Chin Up and Down
Tree Pose
Airplane Pose
Mountain Pose

Balance

Left Nostril Breathing
Right Nostril Breathing
Head Turns
Gentle Twist
Strong Pose
Tree Pose
Airplane Pose
Mountain Pose

Relaxation

Left Nostril Breathing
Bumble Bee Breath
Head Turns
Squeeze and Relax
Lion Pose
Calm Breath
Quiet Mind
Rest and Restore

Stress and Anxiety

Mountain Pose
Sunrise / Sunset
Star Pose
Left Nostril Breathing
Calm Breath
Quiet Mind
Rest and Restore
Smile Pose

Heart-opening

Mountain Pose
Gentle Twist
Chin Up and Down
Sunrise / Sunset
Strong Pose
Calm Breath
Quiet Mind
Heart-full Pose

Confidence-building

Calm Breath
Mountain Pose
Head Turns
Star Pose
Tree Pose
Walk-in-Place
Bumble Bee Breath
Quiet Mind

Inner Peace

Calm Breath
Heart-full Pose
Strong Pose
Lion Pose
Head Turns
Chin Up and Down
Quiet Mind
Smile Pose

Building Trust and Community

Bumble Bee Breath
Heart-full Pose
Gentle Twist
Mountain Pose
Strong Pose
Tree Pose
Friendship Bridge
Forest Circle

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Check with a healthcare professional to make sure these exercises are appropriate for you.