

Short Travel Yoga Sequence For Beginners

from <https://cascade.yoga>

Note: if you do not have a mat while traveling, place one or both of your feet at a wall. Be sure to practice in a safe place with level ground, out of the way of others. Have a fun, safe trip!



1. Tadasana



2. Urdhva
Baddhanguliyasana



3. Virabhadrasana II



4. Utthita
Trikonasana



5. Paschima
Baddhanguliyasana



6. Ardha Uttanasana



7. Ardha
Parsvottanasana



8. Chair
Parvatasana



9. Simple Twist in
Chair



10. Supta Tadasana



11. Eka Pada
Pavanamuktasana



12. Dwi Pada
Pavanamuktasana



13. Legs Up The
Wall



14. Savasana