



A 10-Minute Morning Yoga Flow For Beginners

Description

Your morning yoga practice does not have to be long or demanding. Ten unhurried minutes can help you check in with your breathing, move your spine and take your hips and shoulders through a useful range before the day gathers speed.

This is a more active companion to my [after-work yoga routine for desk workers](#) and my [10 basic yoga moves](#).

This six-pose flow begins standing, gradually travels down to the mat and finishes in a familiar Downward-Facing Dog. Move slowly the first time through. On the second round, let one breath guide each transition without rushing.

Practise on a stable surface and stay within a comfortable range. Stop if you feel sharp pain, dizziness, tingling or numbness. If you are pregnant, recovering from an injury or managing a medical condition, check with a qualified professional before starting or changing your routine.



A short morning flow can make it easier to breathe, move and check in before the day begins.

1. Upward Salute



Upward Salute begins the flow with a steady full-body reach.

Upward Salute starts the flow with a simple full-body reach and steady breathing.

Stand with your feet hip-width apart and weight spread evenly across both feet. Inhale as you sweep your arms out and overhead. Keep your ribs controlled, shoulders relaxed and gaze forwards. Exhale as you lower the arms. Repeat three times.

Benefits: Encourages an upright posture and takes the shoulders through a comfortable overhead range.

Jade's tip: Keep your hands shoulder-width apart if bringing the palms together makes the shoulders lift.

2. Standing Side Bend



Standing Side Bend introduces movement through the side body and ribs.

A side bend introduces movement that is often missing from the rest of the day.

From Upward Salute, hold one wrist with the opposite hand. Keep both feet grounded and lengthen upwards before leaning gently to one side. Keep the chest facing forwards and avoid twisting. Take three breaths, return to centre and change sides.

Benefits: Stretches the side body and encourages space around the ribs for steady breathing.

Jade's tip: Make the shape longer, not deeper. A small bend with both feet grounded is enough.

3. Ragdoll Forward Fold



Ragdoll Forward Fold allows the neck and shoulders to relax while the knees stay soft.

Ragdoll lets the upper body relax while the knees stay soft.

Stand with your feet hip-width apart. Bend your knees generously and hinge forwards from the hips. Hold opposite elbows and let the head and shoulders release towards the floor. Keep your weight

balanced across the whole foot and stay for three to four breaths.

Benefits: Gently stretches the back body and gives the neck and shoulders a relaxed position.

Jade's tip: Come up slowly by bending your knees, releasing your hands and rising with a long spine. Pause if you feel light-headed.

4. Halfway Lift



Halfway Lift adds active length through the spine between forward folds.

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From a fold, place your hands on your shins or thighs. Inhale and lift your torso until the back is long, keeping a small bend in the knees. Draw the shoulders away from the ears and reach the crown of the head forwards. Exhale back into the fold. Repeat three times.

Benefits: Activates the back and core while teaching a controlled hip hinge.

Jade's tip: Keep your hands above the knees rather than pressing directly onto the knee joints.

5. Low Crescent Lunge



Low Crescent Lunge opens the front of the hips while the legs and torso provide support.

Low Crescent Lunge brings the practice down to the mat and opens the front of the hips.

From a forward fold, step one foot back and lower the back knee. Stack the front knee above the ankle and lift the torso. Reach your arms overhead or place your hands on the front thigh. Keep the lower ribs contained and take three breaths before changing sides.

Benefits: Stretches the hip flexors while building steady support through the legs and torso.

Jade's tip: Shorten the distance between your feet if you feel unsteady or your lower back begins to arch.

6. Downward-Facing Dog

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Downward-Facing Dog brings the morning sequence together with the hands and feet grounded.

Downward-Facing Dog brings the whole sequence together with the hands and feet grounded.

Start on hands and knees, tuck your toes and lift your hips up and back. Bend your knees enough to keep the spine long. Press evenly through both hands and let the head rest between the upper arms. Stay for four to five breaths, then lower the knees.

Benefits: Strengthens the shoulders and arms while stretching the calves, hamstrings and back body.

Jade's tip: Pedal the feet gently for the first few breaths if your calves feel stiff, then settle into stillness.

How To Turn It Into A 10-Minute Flow

Begin with one minute of relaxed standing breathing. Complete the six poses slowly, then repeat them once more with this rhythm:

1. Inhale into Upward Salute, exhale to lower
2. Hold Standing Side Bend for 3 breaths each side
3. Stay in Ragdoll Forward Fold for 3 breaths
4. Inhale to Halfway Lift, exhale to fold, repeat 3 times
5. Hold Low Crescent Lunge for 3 breaths each side
6. Finish in Downward-Facing Dog for 5 breaths

End by lowering to your knees and sitting comfortably for one minute. A useful morning practice should leave you feeling ready to continue with your day, not as though you have already used up all your energy.

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Author

jadeyeo