

Yoga Flow Collection

12 Complete Sequences for Every Mood & Moment

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Life by the Shore

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Complete Yoga Sequences & Breathwork

Introduction

Yoga is an invitation to inhabit the body with intention. It's not about perfection or advanced poses, but about the conversation between breath, body, and mind.

This collection offers twelve complete sequences for different times and needs. Some are energizing, designed for mornings or when vitality feels depleted. Others are calming, perfect for releasing tension or preparing for rest. Each sequence weaves together movement and breath in a rhythm that invites presence.

The foundation of all yoga practice is the breath. Before diving into sequences, familiarize the body with the pranayama (breathwork) techniques included later in this guide. The breath anchors every pose.

These are not medical recommendations. They are tools for movement, flexibility, and connection. Honor the body's limits. Modify poses as needed. Yoga is a personal practice—what serves one body may not serve another.

Find a quiet space. Gather any props that support comfort: a mat, blocks, a strap, blankets. Set an intention. Then begin.

Foundational Poses Guide

The following twenty poses form the foundation of the sequences in this collection. Familiarize with alignment cues for each.

Mountain Pose (Tadasana)

Stand with feet hip-width apart, weight distributed evenly. Lengthen the spine, relax shoulders down and back. Ground all four corners of the feet. Engage thighs. This is the foundation for all standing poses.

Downward-Facing Dog (Adho Mukha Svanasana)

From hands and knees, press palms down and step feet back. Form an inverted V-shape. Press hands firmly, spread fingers wide. Lengthen the spine. Let the head hang heavy between the arms. Feet are hip-width apart.

Child's Pose (Balasana)

From hands and knees, bring big toes together and knees wide. Sink hips back to heels. Extend arms forward or rest them alongside the body. Rest forehead on the mat. Breathe deeply.

Plank Pose (Phalakasana)

From hands and knees, step feet back one at a time. Shoulders stack over wrists. Engage core, lengthen the spine. Press feet back as if pushing a wall away. Body forms a straight line from head to heels.

Chaturanga Dandasana (Low Plank)

From plank, bend elbows 90 degrees, hugging them close to the ribs. Lower the body as one unit. Elbows create a 45-degree angle from the body. Shoulders stay above elbows.

Upward-Facing Dog (Urdhva Mukha Svanasana)

From the low point of Chaturanga, press through hands to lift the chest forward and up. Shoulders are back, arms straighten (or stay slightly bent). Tops of feet press down. Gaze forward and slightly up.

Standing Forward Fold (Uttanasana)

Stand with feet hip-width apart. Fold at the hips, letting the head and arms hang heavy. Knees can be bent. Let gravity do the work. Feel a gentle stretch along the back of the legs.

Warrior I (Virabhadrasana I)

Step right foot forward, grounding back heel at 45 degrees. Bend front knee to 90 degrees, stacking knee over ankle. Square hips forward. Reach arms overhead. Gaze forward.

Warrior II (Virabhadrasana II)

From Warrior I, open hips to face the side. Both arms extend parallel to the ground. Front knee bends to 90 degrees. Back heel grounds down. Gaze over front fingertips.

Triangle Pose (Trikonasana)

Wide stance, right foot forward. Extend arms at shoulder height. Hinge at the hips, reaching right hand toward the floor (or block). Stack shoulders. Extend left arm toward the ceiling. Gaze up or forward.

Tree Pose (Vrksasana)

Stand on left leg. Press right foot to inner left thigh (or calf). Bring hands to heart center or extend overhead. Gaze forward with soft focus. Engage the standing leg.

Seated Forward Fold (Paschimottanasana)

Sit with legs extended. Hinge at the hips and fold forward. Hands can rest on shins, thighs, or floor. Knees can be slightly bent. Relax into the stretch.

Butterfly Pose (Baddha Konasana)

Sit and bring the soles of the feet together, knees falling open. Fold gently forward. Use this pose to open the hips.

Pigeon Pose (Eka Pada Rajakapotasana Prep)

Bridge Pose (Setu Bandhasana)

Lie on back with knees bent, feet hip-width apart. Press feet down and lift hips high. Interlace hands beneath the back and press shoulders down. Engage glutes and core.

Corpse Pose (Savasana)

Lie on back with legs extended and slightly apart. Arms rest alongside body, palms face up. Let the whole body relax. Close eyes. Breathe naturally.

Cat Pose (Marjaryasana)

From hands and knees, round the spine. Drop the head, draw the chin to chest. Gaze between the knees. Release the tailbone.

Cow Pose (Bitilasana)

From hands and knees, drop the belly, lift the gaze. Reach the tailbone toward the sky. Open the chest. Flow this with Cat Pose.

Cobra Pose (Bhujangasana)

From belly-down, hands under shoulders. Press through hands to lift the chest. Elbows stay close to ribs. Shoulders are down and back.

Camel Pose (Ustrasana)

Kneel with knees hip-width apart. Place hands behind the back or press palms to heels. Gently arch the back, opening the front of the body. Neck stays neutral or gazes up slightly.

Morning Sun Salutation Flow

Duration: 15 minutes **Level: All Levels**

Begin the day with energy. This flowing sequence uses the traditional Sun Salutation repeated several times, building heat and warming the body.

Sequence of Poses:

1. **Centering & Breath Awareness** — 1 min
2. **Cat-Cow (5 rounds)** — 2 min
3. **Downward Dog** — 30 sec
4. **Sun Salutation A (4 rounds)** — 8 min
5. **Mountain Pose** — 30 sec
6. **Child's Pose** — 1 min

Beach Sunrise Energizer

Duration: 20 minutes **Level: All Levels**

Perfect for early mornings or when energy feels depleted. This sequence builds strength and vitality through standing poses.

Midday Stress Relief

Duration: 15 minutes **Level: All Levels**

When tension accumulates through the day, this gentle sequence releases stress from the neck, shoulders, and lower back.

Sequence of Poses:

1. **Seated neck rolls** — 1 min
2. **Shoulder shrugs and rolls** — 1 min
3. **Seated Forward Fold** — 2 min
4. **Pigeon Pose (each side)** — 4 min
5. **Supine Twist (each side)** — 2 min
6. **Bridge Pose** — 2 min
7. **Legs up the wall or Restorative pose** — 2 min

Afternoon Energy Boost

Duration: 10 minutes **Level: All Levels**

A quick, energizing practice for 3pm slumps. Perfect for workspace practice.

Sequence of Poses:

1. **Standing Mountain Pose** — 1 min
2. **Sun Salutation A (2 rounds)** — 4 min
3. **Warrior II (each side)** — 2 min
4. **Tree Pose (each side)** — 2 min
5. **Standing Forward Fold** — 1 min

Sunset Wind-Down

Duration: 20 minutes **Level: All Levels**

As daylight fades, transition from activity to rest. This gentle sequence prepares the body and mind for evening.

Sequence of Poses:

1. **Cat-Cow (5 rounds)** — 2 min
2. **Downward Dog** — 1 min
3. **Standing Forward Fold** — 1 min
4. **Butterfly Pose** — 3 min
5. **Seated Forward Fold** — 2 min
6. **Pigeon Pose (each side)** — 4 min
7. **Reclined Spinal Twist** — 2 min
8. **Bridge Pose** — 2 min
9. **Legs up the wall** — 2 min
10. **Savasana** — 3 min

Deep Stretch Recovery

Duration: 30 minutes **Level: All Levels**

After activity or intense physical days, this yin-style sequence allows for deep opening and recovery.

Sequence of Poses:

1. **Child's Pose** — 2 min
2. **Cat-Cow (gentle)** — 2 min
3. **Downward Dog** — 1 min
4. **Standing Forward Fold (long hold)** — 3 min
5. **Butterfly Pose (deep hold)** — 4 min
6. **Pigeon Pose (each side, long hold)** — 6 min
7. **Seated Forward Fold** — 3 min
8. **Supine Spinal Twist** — 2 min
9. **Happy Baby (if comfortable)** — 2 min
10. **Bridge Pose** — 2 min
11. **Savasana** — 5 min

Core Strength Builder

Duration: 20 minutes **Level: All Levels**

Build functional strength and stability. This sequence focuses on core engagement and muscular activation.

Sequence of Poses:

1. **Warm-up: Cat-Cow** — 1 min
2. **Plank Pose (30 sec hold, 3 rounds)** — 3 min
3. **Plank with leg lifts** — 2 min
4. **Warrior I and II flows** — 3 min
5. **Boat Pose (3 rounds, 30 sec)** — 2 min
6. **Downward Dog with leg lifts** — 2 min
7. **Locust Pose (3 rounds)** — 2 min
8. **Bridge Pose with pulses** — 2 min
9. **Supine Twist** — 1 min
10. **Savasana** — 2 min

Hip Opener Journey

Duration: 25 minutes Level: All Levels

Hips hold deep tension and emotion. This extended sequence methodically opens the hips through varied poses.

Sequence of Poses:

1. **Child's Pose** — 1 min
2. **Cat-Cow** — 1 min
3. **Low lunge (each side, 1 min)** — 3 min
4. **Warrior II (each side, 1 min)** — 2 min
5. **Triangle Pose (each side)** — 2 min
6. **Pigeon Pose (each side, 2 min)** — 5 min
7. **Butterfly Pose (deep, long hold)** — 4 min
8. **Reclined Figure Four (each side)** — 3 min
9. **Supine Twist** — 2 min
10. **Savasana** — 3 min

Heart Opening Flow

Duration: 20 minutes **Level: All Levels**

Open the chest and heart space. This sequence includes gentle backbends and chest-opening poses.

Sequence of Poses:

1. **Cat-Cow (emphasis on Cow)** — 2 min
2. **Cobra Pose (3 rounds, 30 sec)** — 2 min
3. **Upward Dog** — 30 sec
4. **Downward Dog** — 30 sec
5. **Camel Pose or Supported Camel** — 2 min
6. **Bridge Pose (hold and pulses)** — 2 min
7. **Puppy Dog Pose (chest opener)** — 2 min
8. **Supported backbend over blocks** — 3 min
9. **Seated Forward Fold (release)** — 2 min
10. **Savasana** — 3 min

Balance & Focus

Duration: 15 minutes **Level: All Levels**

Cultivate stability and mental clarity. Balance poses build focus and anchor attention.

Sequence of Poses:

1. **Mountain Pose with eyes closed** — 1 min
2. **Warrior III (each side, 30 sec)** — 2 min
3. **Tree Pose (each side, 1 min)** — 2 min
4. **Warrior II to Reverse Warrior flow** — 2 min
5. **Downward Dog** — 1 min
6. **Standing Forward Fold** — 1 min
7. **Seated cross-legged meditation** — 3 min
8. **Savasana** — 3 min

Full Moon Restorative

Duration: 30 minutes **Level: All Levels**

Fully restorative practice for deep relaxation. Props encouraged. Emphasis on supported, passive poses.

Sequence of Poses:

1. **Supported Child's Pose** — 3 min
2. **Supported reclining butterfly** — 4 min
3. **Legs up the wall (or bolster recline)** — 5 min
4. **Supported fish pose (backbend)** — 3 min
5. **Supine bound angle** — 3 min
6. **Gentle spinal twist** — 2 min
7. **Full body relaxation setup** — 3 min
8. **Extended Savasana** — 7 min

Weekend Warrior Full Practice

Duration: 45 minutes **Level: All Levels**

A complete practice for when time allows. Builds heat, finds stability, and cloths in deep relaxation.

Sequence of Posts:

1. **Centering and breathing** — 2 min
2. **Cat-Cow (flowing)** — 2 min
3. **Sun Salutation A (5 rounds)** — 8 min
4. **Sun Salutation B (3 rounds)** — 6 min
5. **Standing posts flow** — 8 min
6. **Warrior sequences** — 5 min
7. **Hip openers** — 5 min
8. **Core strength series** — 3 min
9. **Forward folds and stretches** — 3 min
10. **Backbends** — 2 min
11. **Savasana** — 5 min

Breathwork Library

The breath is the bridge between the conscious and unconscious mind. These four techniques are foundational. Practice first without poses to build familiarity, then integrate into sequences.

Box Breathing (Sama Vritti)

Inhale for 4 counts. Hold for 4 counts. Exhale for 4 counts. Hold for 4 counts. Repeat 5-10 times. This technique balances the nervous system and builds mental clarity.

4-7-8 Breath

Inhale through the nose for 4 counts. Hold the breath for 7 counts. Exhale through the mouth for 8 counts. Repeat 4-8 times. This technique is deeply calming and supports sleep.

Alternate Nostril Breathing (Nadi Shodhana)

Close the right nostril with the right thumb. Inhale through the left nostril for 4 counts. Close the left nostril with the ring finger. Exhale through the right for 4 counts. Inhale right, switch, exhale left. Continue for 5-10 rounds. This technique balances energy.

Ocean Breath (Ujjayi Pranayama)

Slightly constrict the throat to create a soft, ocean-wave sound on both the inhale and exhale. Breathe through the nose. The sound is audible but quiet. Use this throughout the practice to maintain focus.

Meditation Companion

Meditation extends the benefits of yoga beyond the physical body. These five guided scripts can be read aloud (to oneself or another) or memorized.

Ocean Waves Meditation (5 min)

Find a comfortable seated position. Close the eyes. Begin to notice the natural rhythm of the breath. With each inhale, imagine waves rolling in to shore. With each exhale, imagine them rolling back out. The breath is like the tide—always moving, always returning. Notice the peace in this cycle. There is no effort needed. The ocean knows its rhythm. The breath knows its rhythm. Rest into this knowing for several minutes.

Body Scan Grounding (7 min)

Lie on the back or sit comfortably. Starting at the top of the head, bring awareness to every part of the body. Notice the forehead, eyes, nose, cheeks, jaw. Is there tension anywhere? Simply notice without trying to change. Move awareness to the neck, shoulders, arms, hands. Notice sensations. Move to the chest, heart, belly. Continue down the hips, legs, feet. The body is here. It is held by the earth. It is safe. Rest in this awareness.

Loving-Kindness Meditation (8 min)

Sit comfortably. Bring to mind someone who makes the heart feel warm—a dear friend, mentor, or loved one. Silently wish them well: "May you be happy. May you be healthy. May you be safe. May you be at peace." Repeat several times. Now turn these wishes toward oneself: "May I be happy. May I be healthy. May I be safe. May I be at peace." Then extend these wishes to all beings: "May all beings be happy. May all beings be healthy. May all beings be safe. May all beings be at peace." End by returning to natural breath.

Gratitude Meditation (6 min)

Sit with a straight spine. Close the eyes. Begin to recall moments of the day or life that brought joy or ease. A kind word from a friend. A beautiful sunset. A warm drink. A moment of laughter. For each moment, silently say "Thank you." Allow the feeling of gratitude to fill the heart. Notice any sensations. Notice the shift in the body when attention rests on appreciation. This is a healing frequency.

Breath Awareness Meditation (5 min)

Find any comfortable position. Close the eyes. Bring full attention to the breath. Notice the cool air entering the nostrils on the inhale, the warm air leaving on the exhale. Notice the slight pause between breaths. There is nothing to do, nowhere to go. Just this breath. Just this moment. If the mind wanders, gently return attention to the breath. This is not failure—this is the practice.

Building a Home Practice

Consistency matters more than duration. A 10-minute daily practice is more beneficial than a sporadic 90-minute session.

Setting Up the Space

- Find a quiet corner that feels peaceful
- Ensure adequate space for stretching (a yoga mat-sized area)
- Keep props nearby: blocks, strap, blankets, bolster
- Minimize distractions: silence phone, close unnecessary tabs
- Consider lighting: soft, warm light is calming
- Temperature: slightly cool is ideal for practice

Time of Day

Morning practice: energizes the day. Ideal for more active, warming sequences.

Midday practice: reset and refocus. Medium-length sequences work well.

Evening practice: wind down and release. Gentle, restorative sequences prepare for rest.

Start by committing to three times per week. As the practice deepens, increase frequency.

Sequencing Guidelines

- Always warm up with gentle movement (Cat-Cow)
- Move from easier to more challenging poses
- Balance active and gentle poses within a practice
- Include stretching and hip openers
- Always end in relaxation (Savasana)
- Listen to the body—skip or modify any pose that doesn't feel right

30-Day Yoga Challenge

Commit to thirty consecutive days of practice. The length varies—even 10 minutes counts. Track each day to build momentum and celebrate consistency.

Day 1-5	Morning Sun Salutation Flow (daily)	Build warm-up habit
Day 6-10	Alternate: Beach Sunrise & Midday Relief	Explore different times
Day 11-15	Afternoon Energy Boost + Sunset Wind-Down	Full-day integration
Day 16-20	Deep Stretch Recovery (longer holds)	Build flexibility
Day 21-25	Hip Opener Journey (focus area)	Deepen specific practice
Day 26-30	Full Moon Restorative or Weekend Warrior	Celebrate completion

Journaling Prompts During the Challenge:

How does the body feel? Is there increased flexibility, strength, or ease? How is the mind? Is there increased clarity or calm? What poses feel most natural? Which feel most challenging? Honor both equally.