15-Minute Morning Yoga Flow Card

FitInFlow.space · General guidance for healthy adults, not medical advice. Based on NCCIH, Harvard Health, Mayo Clinic and Osteoporosis Canada guidance. October 2026.

Before you start

Walk around and drink water first. Breathe normally in every pose. Ease off at the first sharp sensation. Stand up slowly.

Check with a doctor first if you have: glaucoma or uncontrolled high blood pressure, osteoporosis, a knee, hip or back injury, balance problems, or pregnancy.

The flow

Time	Pose	How	Easier version
0:00	Seated breathing	In for 3, out for 3, lengthen to 4 if easy	Sit on a cushion or chair
1:30	Cat-cow	One breath per movement	Blanket under the knees
3:00	Child's pose	Hips to heels, chest down	Forehead on block or fists
4:00	Downward dog	Hips up and back, pedal the feet	Bent knees, or hands on a chair
5:00	Low lunge (45 s each side)	Front knee over ankle, chest up	Hands on blocks, knee padded
6:30	Half sun salutation x3-5	Arms up, fold, half lift, fold, rise	Knees bent; hip hinge for osteoporosis
8:30	Warrior II flow (1 min each side)	Straighten and bend the front knee with the breath	Shorter stance
10:30	Chair to mountain x5	Sit back, weight in heels, stand tall	Shallow bend, hands on hips
11:30	Tree (30 s each side)	Foot on ankle, calf or thigh, never the knee	Toes down, hand on a wall
12:30	Bridge x3	Lift hips, hold 2-3 breaths, lower slowly	Smaller lift; keep the head still
13:30	Rest	Legs long, arms by your sides	Cushion under knees; side-lying in pregnancy

Rushed day? Do breathing, cat-cow, bridge and rest only: about 5 minutes.

Swaps

Osteoporosis: keep the back long, hip hinge instead of folding, no deep twists. **Glaucoma / high BP:** skip downward dog; hands on a wall.

Sore knees: thick padding or a standing lunge with a chair. **Wrists:** forearms down, or hands on a counter. **Balance:** toes down, hand on a wall.

Stop and get help for sharp or shooting pain, numbness, chest pain, sudden breathlessness or faintness.

28-day habit tracker (tick each morning you practice)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Notes
1								
2								
3								
4								

This routine does not treat any condition. Pain that persists or worsens needs a doctor or physical therapist.