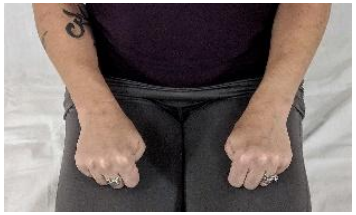
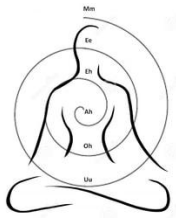
Simple Daily Protocol

My 'Top 15' for a daily yoga practice

"I am …" "I am …" "I am …" **State Sankalpa**	 **Belly Breathing in Constructive Rest**	 **Windshield Wipers (x 5)**	 **Floor Flow (x 3)**
 **Seated Sidebend**	 **Seated Twist**	 **Cat / Cow**	 **Down Dog**
 **Warrior II Flow**	 **Warrior I Flow**	 **Forward Fold**	 **Nadi Shodhana (x 10)**
 **Adhi Mudra**	 **Vowel Sounds**	 **Legs on Chair (15 min)**	"I am …" "I am …" "I am …" **State Sankalpa**