

THE  
**5-MINUTE**  
**YOGA WARRIOR FLOW**

*BUILDS STRENGTH, FLEXIBILITY & BALANCE*



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# 5-MINUTE YOGA WARRIOR FLOW OVERVIEW

This Yoga Warrior Flow is an excellent intermediate challenge for those who are up for it.

The warrior poses build STRENGTH, FLEXIBILITY, and BALANCE. This 5 Minute Session with yoga instructor Zach Zenios will test you, and help build a deeper mind body connection.

The following yoga poses and techniques are in this Warrior Flow.

**Yoga Breathing** - it is important to focus on your breath throughout your yoga practice. Ocean Breath or Ujjayi Pranayama is recommended while doing most of this 5 minute Warrior 2 flow.

Inhale deeply through your nose and exhale through your nose with a slight restriction at the back of your throat to control, slow and extend your exhales. Over time this practice will become easier and you will feel the benefits.

**Child's Pose** is a calming and restorative pose allowing you to feel more grounded and relaxed in your yoga practice. It gently stretches

the muscles of the lower back, hips, thighs and shoulders. Child's pose is often used as a rest pose performed between other more challenging poses and/or frequently throughout your yoga practice.

**Downward Facing Dog** (DFD) is a total body stretch that is one of the most common transition poses as you move from one position to the next. DFD has amazing benefits for the shoulders, back, chest, hamstrings and calves and helps to build upper body strength. This posture also helps stimulate the brain and nervous system.

**Warrior 2** is the most iconic of the yoga poses helping improve strength and posture. Check out this video by coach Zach showing you exactly how to do this pose properly.

How to do Yoga Warrior 2 Pose Correctly <https://youtu.be/1AhKNoInZWc?si=z2gg-LGMz8rlz7Jd>

**Reverse Warrior** is a variation of the Warrior 2 pose that helps target the

side torso muscles, arm muscles, opens up the hips and builds strength and balance in the lower body. Flowing from Warrior 2 to Reverse Warrior is a common practice.

Remember, it can take several weeks or months to get comfortable doing these yoga poses. Be patient, do your best, work within your personal limits and keep at it.

**Extended Side Angle** is another pose that helps release the muscles of the side body from the feet to the fingers. This pose also strengthens the legs and it can be challenging to stay balanced for some while maintaining good posture.

**Vinyasa** - a Vinyasa in yoga is one of the most common styles practiced in the West. This term describes the continuous flow of dynamic movements between yoga poses.

Just doing this simple flow continuously can deliver amazing benefits to the entire body. Move from plank to cobra to downward dog in a slow and controlled way while focusing on the breath.

**Lunge Twist** (sometimes called lizard twist) is a high lunge pose helping to release the spine stretching the muscles of the back, shoulders, hips and legs. This balance pose can be challenging to hold as you extend your arm to the sky with your eyes focused on your finger tips.

# YOGA WARRIOR FLOW

YOGA WARRIOR FLOW
Exercises
Yoga Breathing
Child's Pose
Downward Facing Dog (DFD)
Warrior 2
Reverse Warrior
Extended Side Angle
Lunge Twist

**Note - Follow the flow as best you can. Remember this is an intermediate flow and may be challenging for beginners. Focus on the breath and work within your limits.**