

# 10s Yoga Sequence A

My 10s yoga sequences feature **10 asanas/poses**; which you will **hold for 10 breaths** to give you time to truly enjoy the pose and feel it deeply. These are intended to be daily practices which increase strength, flexibility and yogic enjoyment. Every body is different if you experience any pain particularly joint pain substitute any yoga pose for a safer alternative any time you need to! **Poses that aren't posturally balanced should be performed on both sides for 10 breaths!**

