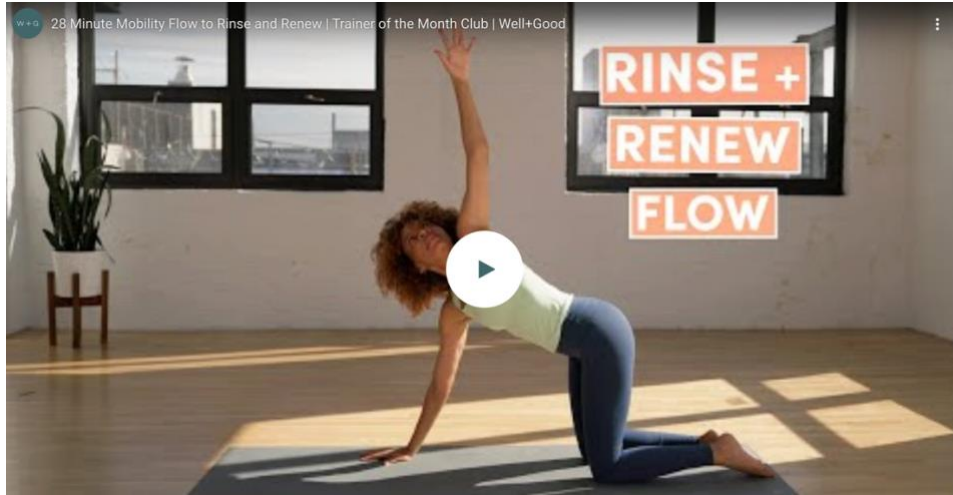


WELL + GOOD

Increase Your Circulation With This 30-Minute Beginner Yoga Flow for Mobility

By: Kells McPhilips

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This segment aired on 5/9/22: <https://www.youtube.com/watch?v=eTt8UgR7jyc> (29:01 minutes)

Whenever my cat wakes up, she indulges in a quick stretch routine (cat pose followed by [downward-facing dog](#), if you must know) before migrating to a new napping location. There's a lesson here, right? Waking up is hard to do, but a quick yoga flow can help energize you for whatever your day has in store—even if you *don't* have the luxury of going back to sleep.

On this week's episode of [Trainer of the Month Club](#), yoga instructor and Mirror trainer [Pilin Anice](#) guides you through a beginner mobility yoga flow designed to wake up your body. "Today's practice is going to [increase circulation](#) and build spinal mobility, so let's get into this flow with lots of twists," she says at the top of the video.

Yoga twists are beneficial to your body for many reasons: They refresh your spine, [help you maintain a full range of motion in your back](#), and ease the tension you feel from arching over your computer all day, every day. It's also worth mentioning that they feel *incredible*, particularly the gentle ones Anice is serving up in this flow.

In this class, you'll move yummy poses like revolved chair pose (Parivrtta Utkatasana in Sanskrit), revolved lunge (Parivrtta Anjaneyasana), and a spinal twist (Jathara Parivartanasana), as well as plenty of forward folds and core movements to get your warmed up for the day ahead.

By the end of Anice's class, you'll feel like you've been handed a brand-new spine. Or—alright, alright—you'll at least feel like you've had the yoga class equivalent of a giant cup of coffee.

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