



## Birds of a Feather Mini-Flow

1. Yogic Squat (Malasana)
2. Headstand (Sirsasana)
3. Headstand w/ Pike (Sirsasana Variation)
4. Crow (Bakasana)
5. Yogic Squat, Arms Extended (Malasana Variation)
6. Bound Bird of Paradise Prep (Svarga Dvijasana Prep)
7. Bound Bird of Paradise (Svarga Dvijasana Variation)
8. Extended Hand to Big Toe (Utthita Hasta Padangusthasana)
9. Bird of Paradise (Svarga Dvijasana)
10. Yogic Squat (Malasana)