



Air Dancing Mini-Flow

1. High Crescent (Anjaneysana)
2. High Crescent with Cactus Arms (Anjaneyasana Variation)
3. Warrior III (Virabhadrasana III)
4. Warrior III Variation (Virabhadrasana III Variation)
5. Warrior II (Virabhadrasana II)
6. Sky Archer
7. Triangle (Trikonasana)
8. Half Moon (Ardha Chandrāsana)
9. Bound Half Moon Variation (Baddha Ardha Chandrāsana)
10. Dancer (Natarajasana)