



Present Moment, Wonderful Moment Flow

1. Knee to Nose
2. Knee to Nose, Tap Ground
3. Crescent Lunge (Anjaneyasana)
4. Revolved Hand to Big Toe Pose Variation (Parivrtta Hasta Padangusthasana Variation)
5. Half Moon (Ardha Chandrasana)
6. Warrior III Crunch (Virabhadrasana III Variation)
7. Warrior III (Virabhadrasana III)
8. Goddess (Utkata Konasana)
9. Warrior II, Facing Back (Virabhadrasana II)
10. Standing Splits (Urdhva Prasarita Eka Padasana)