



Tiptoe Tango Mini-Flow

1. Mountain on Tiptoes (Tadasana Variation)
2. Forward Fold on Tiptoes (Uttanasana Variation)
3. Chair (Utkatasana)
4. One Legged Mountain (Eka Pada Tadasana)
5. Figure Four (Ardha Utkatasana)
6. Warrior III (Virabhadrasana III)
7. High Crescent (Anjaneyasana)
8. Crescent with knee dips (Anjaneyasana Variation)
9. Warrior II (Virabhadrasana II)
10. Power Triangle (Trikonasana Variation)