



The Heart and the Hips Mini-Flow

1. Three-Legged Dog (Tri Pada Adho Mukha Svanasana)
2. Knee to Cross
3. Side Plank Variation (Vasisthasana Variation)
4. Fallen Triangle Resting Variation (Patita Tarasana Variation)
5. Revolved Head-to-Knee (Parivrtta Janu Sirsasana)
6. Stargazer (Parighasana Variation)
7. Knee to Nose
8. Wild Thing (Camatkarasana)
9. Half Pigeon (Ardha Eka Pada Rajakapotasana)
10. Half Sleeping Pigeon (Ardha Eka Pada Rajakapotasana Variation)