



Classic Cool Down Mini-Flow

1. Bridge (Setu Bandha Sarvangasana)
2. Wheel (Urdhva Dhanurasana)
3. Reclined Bound Angle (Supta Baddha Konasana)
4. Knees to Chest (Apasana)
5. Supine Spinal Twist (Supta Matsyendrasana)
6. Happy Baby (Ananda Balasana)
7. Half Happy Baby (Ardha Ananda Balasana)
8. Reclining Hand-to-Big-Toe I (Supta Hasta Padangusthasana I)
9. Reclining Hand-to-Big-Toe II (Supta Hasta Padangusthasana II)
10. Corpse (Savasana)