



## Let the Firefly Fly

1. Happy Baby (Ananda Balasana)
2. Reclining Hand-to-Big-Toe (Supta Hasta Padangusthasana)
3. Reclined Bound Angle (Supta Baddha Konasana)
4. Frog w/ Wrist Stretch (Malasana Variation)
5. Crow (Bakasana)
6. Wide-Legged Forward Bend w/ Shoulder Opening (Prasarita Padottanasana Variation)
7. Firefly Prep (Titibasana Prep)
8. Shoulder Pressing Pose (Bhujapidasana)
9. Firefly (Titibasana)
10. Ragdoll (Baddha Hasta Uttanasana)