



## Movement Play Mini-Flow

1. Twisted Reverse Crescent (Parivrtta Viparita Anjaneyasana)
2. Revolved Side Lunge (Parivrtta Skandasana)
3. Wild Thing (Camatkarasana)
4. Side Plank (Vasisthasana)
5. Twisted Reverse Low Lunge
6. Warrior II (Virabhadrasana II)
7. Side Lunge (Skandasana)
8. Warrior II (Virabhadrasana II)
9. Half Moon (Ardha Chandrasana)
10. Bound Half Moon (Baddha Ardha Chandrasana)