



The Windmill

1. Chair (Utkatasana)
2. Crescent Lunge
3. Crescent Lunge with Gomukhasana Arms
4. Warrior III (Virabhadrasana III) with Gomukhasana Arms
5. Windmill the Arms
6. Standing Knee to Chest
7. Standing Figure 4
8. Figure 4 Fold
9. Tree (Vrksasana)
10. Cross-legged Forward Fold