



## **Rotating Around the Core Mini-Flow**

- 1. Downward Facing Dog (Adho Mukha Svanasana)**
- 2. Spinal Wave**
- 3. Four-Limbed Staff Pose (Chaturanga Dandasana)**
- 4. Warrior II (Virabhadrasana II)**
- 5. Extended Side Angle (Utthita Parsvakonasana)**
- 6. Side Plank Variation (Vasisthasana Variation)**
- 7. Fallen Triangle (Patita Tarasana)**
- 8. Wild Thing (Camatkarasana)**
- 9. Revolved Head-of-the-Knee Pose (Parivrtta Janu Sirsasana)**
- 10. Half Lord of the Fishes Pose (Ardha Matsyendrasana)**