



Reverse the Workday

1. Hand Under Foot Pose (Padahastasana)
2. Warrior II (Virabhadrasana II)
3. Extended Side Angle Variation (Utthita Parsvakonasana Variation)
4. Twisting Lunge (Parivrtta Anjaneyasana)
5. Cat/Cow with Hands Facing Inwards
6. Puppy on Fingertips (Uttana Shishosana Variation)
7. Stop in the Name of Love
8. Overhead Tricep Stretch
9. Reverse Table Top (Ardha Purvottanasana)
10. Prone Chest Opening