



New Perspectives Mini-Flow

1. Standing Hand to Big Toe (Utthita Hasta Padangusthasana)
2. Standing Hand to Big Toe B Variation
3. Figure 4 with Arms Forward (Eka Pada Utkatasana Variation)
4. Warrior III (Virabhadrasana III)
5. Crescent Lunge
6. Open Arm Twist
7. Warrior II (Virabhadrasana II)
8. Half Moon with Front Arm Hovering (Ardha Chandrasana)
9. Half Lord of the Fishes Pose (Ardha Matsyendrasana)
10. Headstand with Crossed Legs (Salamba Shirshasana Variation)