



Happy Shoulders, Happy Back Mini-Flow

1. Forearm Wall Slides x5
2. Forward Fold (Uttanasana)
3. Cat/Cow x5 (Marjaryasana/Bitilasana)
4. Forearm Plank
5. Sphinx (Salamba Bhujangasana)
6. Stomach W-Y's x5
7. Locust Legs (Salabhasana Variation)
8. Bow with External Rotation (Dhanurasana Variation)
9. Puppy (Uttana Shishosana)
10. Seated Forward Fold Variation (Paschimottanasana Variation)