



Back Again Mini Flow

1. Chair (Utkatasana)
2. One Legged Mountain (Eka Pada Tadasana)
3. High Crescent Lunge (Anjaneyasana)
4. Warrior II (Virabhadrasana II)
5. Reverse Triangle (Viparita Trikonasana)
6. Wide Legged Forward Bend (Prasarita Padottanasana)
7. Low Lunge (Anjaneyasana)
8. Grounded Airplane (Virahbardrahsana III Variation)
9. Shiva Squat
10. Standing Forward Fold (Uttanasana)