



## Heart Salutation Flow

1. External Rotation Standing
2. Forward fold (Uttanasana)
3. Anjaneyasana Variation w/ external rotation
4. 1-Legged Plank (Phalakasana Variation)
5. Awkward plank (Phalakasana Variation)
6. Cobra with Arms Hovering (Bhujangasana Variation)
7. Downward Facing Dog focusing on external rotation (Adho Mukha Shvanasana)
8. Dolphin Pose (Dolphin Pose (Ardha Pincha Mayurasana)
9. Puppy (Uttana Shishosana)
10. Yogic Squat (Malasana)