



Let's Float Mini Flow

1. Three Legged Dog (Adho Mukha Svanasana Variation)
2. Half Pigeon (Ardha Kapotasana)
3. Head-to-Knee Forward Bend (Janu Sirsasana)
4. Revolving Head to Knee Pose (Parivrtta Janu Sirsasana)
5. Seated Forward Bend (Paschimottanasana)
6. Cradle (Hindolasana)
7. Elephant's Trunk Pose Prep (Eka Hasta Bhujasana)
8. Elephant's Trunk Pose (Eka Hasta Bhujasana)
9. Eight Angle Pose (Astavakrasana)
10. Four-Limbed Staff (Chaturanga Dandasana)