



Dreamy Descent Mini Flow

1. Low Crescent Lunge (Anjaneyasana)
2. Half Splits (Half Hanumanasana)
3. Modified Side Plank (Vasisthasana Variation)
4. Half Pigeon (**Ardha Kapotasana**)
5. Seated Forward Bend (Paschimottanasana)
6. Corpse (Savasana)
7. Bridge (Setu Bandha Sarvangasana)
8. Reclining Hand to Big Toe I (Supta Padangusthasana I)
9. Happy Baby (Ananda Balasana)
10. Corpse (Savasana)