



Full-Body Mobility

1. Downward Facing Dog (Adho Mukha Svanasana)
2. Plank with Knee to Opposite Elbow
3. Fallen Triangle (Patita Tarasana)
4. Wild Thing (Camatkarasana)
5. Sit the Hips Down
6. Three-Legged Dog (Eka Pada Adho Mukha Svanasana)
7. Extended Side Angle with Arm Circles (Utthita Parsvakonasana)
8. Skandansana
9. Easy Twist (Parivrtta Anjaneyasana)
10. Shiva Squats