



Head to Toe Yin Mini-Flow

1. Toe Squat
2. Ankle Stretch
3. Calf Smashing
4. Revolved Wide Angle Seated Forward Fold (Parivrtta Upavistha Konasana)
5. Wide Angle Seated Forward Fold (Upavistha Konasana)
6. Seated Forward Bend (Paschimottanasana)
7. Serratus Trigger Point
8. Side Puppy (Uttana Shishosana Variation)
9. Yin Fish (Matsyasana Variation)
10. Savasana