



Twist and Heat Mini-Flow

1. Tabletop (Bharmanasana)
2. Knee to Nose (Bharmanasana Variation)
3. Three-Legged Dog (Tri Pada Adho Mukha Svanasana)
4. Downward Dog Open Hip Variation (Adho Mukha Svanasana Variation)
5. Downward Dog Forearm Variation (Adho Mukha Svanasana Variation)
6. Three-Legged Dog (Tri Pada Adho Mukha Svanasana)
7. Low Lunge (Anjaneyasana)
8. Low Lunge Twist (Parivrtta Anjaneyasana)
9. Chair (Uktanasana)
10. Forward Fold (Uttanasana)