



## Unlocking the Shoulders Mini-Flow

1. Warrior 1 (Virabhadrasana I)
2. Shoulder CAR in Warrior 1, Part 1
3. Shoulder CAR in Warrior 1, Part 2
4. Shoulder CAR in Warrior 1, Part 3
5. Shoulder CAR in Warrior 1, Part 4
6. Extended Side Angle Variation
7. Extended Side Angle with Half Bind
8. Reverse Warrior (Viparita Virabhadrasana)
9. High Lunge (Anjaneyasana)
10. Puppy (Uttana Shishosana)