



Exploring Space Mini-Flow

1. Low Lunge (Anjaneyasana)
2. Reverse Low Lunge Twist (Viparita Parivrtta Anjaneyasana)
3. Three Legged Down Dog Pose (Tri Pada Adho Mukha Svanasana)
4. Wild Thing Pose (Camatkarasana)
5. Knee to Nose
6. Warrior I Pose (Virabhadrasana I)
7. Humble Warrior Variation (Baddha Virabhadrasana Variation)
8. Lizard Pose (Utthan Pristhasana)
9. Side Plank (Vashistasana)
10. Wild Thing Pose (Camatkarasana)