



Full Belly Mini-Flow

1. Cat/Cow x5 (Marjaryasana/Bitilasana)
2. Extended Puppy (Uttana Shishosana)
3. Thread the Needle (Parsva Balasana)
4. Downward Facing Dog (Adho Mukha Svanasana)
5. Frog Squat (Malasana)
6. Seated Forward Bend (Paschimottanasana)
7. Full Body Stretch
8. Wind Relieving Pose (Pavanamuktasana)
9. Supine Spinal Twist (Supta Matsyendrasana)
10. Corpse Pose (Savasana)