



Compress to Open Mini-Flow

1. Yogic Squat (Malasana)
2. Prone Crow (Bakasana Variation)
3. Happy Baby (Ananda Balasana)
4. One Legged Happy Baby (Ardha Ananada Balasana)
5. Reclined Hand to Big Toe (Supta Padangusthasana)
6. Marichyasana I Prep
7. Marichyasana I
8. Marichyasana III
9. Yogic Squat (Malasana)
10. Mountain (Tadasana)