



## Dancing On My Own Mini Flow

1. Three Legged Dog (Adho Mukha Svanasana Variation)
2. Reverse Warrior (Viparita Virabhadrasana)
3. Side Lunge (Skandasana)
4. Low Lunge Easy Twist
5. Wide Leg Forward Fold (Prasarita Padottanasana)
6. Grounded Airplane (Virabhadrasana III Variation)
7. Chair (Utkatasana)
8. One Legged Mountain (Eka Pada Tadasana)
9. Curtsey Squat
10. Dancer's (Natarajasana)