



## Awaken the Spine Mini-Flow

1. Table Top (Bhramanasana)
2. Cat (Marjaiasana)
3. Cow (Bitilasana)
4. Half-Bind Arm Behind Back
5. Extend Leg Out, toes stay on ground for a calf-stretch
6. Sunbird (Dandayamana Bharmanasana)
7. Sunbird Option 2 (Dandayamana Bharmanasana)
8. Child's Pose (Balasana)
9. Table Top (Bhramanasana)
10. Cat / Cow (optional)