



## **Bind & Balance Mini Flow**

1. One Legged Mountain (Eka Pada Tadasana)
2. Twisted Standing Balance
3. Half Moon (Ardha Chandrasana)
4. Goddess (Utkata Konasana)
5. Halfway Lift Pyramid (Parvottanasana Variation)
6. Revolved Triangle (Parivrtta Trikonasana)
7. Revolved Side Angle (Parivrtta Parsvakonasana)
8. Bound Revolved Side Angle Pose (Baddha Parivrtta Parsvakonasana)
9. Bound Half Moon (Baddha Ardha Chandrasana)
10. Revolved Bird of Paradise (Parivrtta Svarga Dvijasana)