



Twisty Core Detox Mini-Flow

1. Revolved Crescent Lunge (Parivrtta Anjaneyasana)
2. Revolved Half Moon (Parivrtta Ardha Chandrasana)
3. Triangle (Trikonasana)
4. Easy Twist (Parivrtta Anjaneyasana Variation)
5. Revolved Chair (Parivrtta Utkatasana)
6. Side Crow (Parsva Bakasana)
7. Boat (Navasana)
8. Twisted Low Boat (Ardha Navasana Variation)
9. Knees to Chest (Apanasana)
10. Revolving Twist Pose (Jathara Parivartanasana)