



Foundational Arm Balance Mini-Flow

1. Half Sissy Squat
2. Yogic Squat (Malasana)
3. Crane (Kakasana)
4. Four-Limbed Staff Pose (Chaturanga Dandasana)
5. Peacock Prep (Mayurasana Prep)
6. Peacock (Mayurasana)
7. Childs (Balasana)
8. Dolphin (Ardha Pincha Mayurasana)
9. Forearm Stand (Pincha Mayurasana)
10. Forearm Plank (Makara Adho Mukha Svanasana)