



Starting Slow and Steady Mini-Flow

1. Supported Fish (Matsyasana Variation)
2. Full Body Stretch Pose (Supta Utthita Tadasana)
3. Banana Pose (Bananasana)
4. Cat (Marjaiasana)
5. Cow (Bitilasana)
6. Tabletop with Knees Hovering (Bhramanasana Variation)
7. Plank (Phalakasana)
8. Knees-Chest-Chin (Ashtanga Namaskara)
9. Cobra (Bhujangasana)
10. Locust (Shalabasana)