



15 minute practice


1. Salutes

2.  Tadasana Jump into  Uthita Hasta Padmasana

3.  Uthita Trikonasana both sides, jump back to 

4. Continue through  Virabhadrasana II


5. Parsvakonasana 

6.  Virabhadrasana I

7.  Parsvottanasana

8.  Reverse Trikonasana

9.  Half Uttanasana

10.  Adho Mukha Svanasana Dog Pose

11.  Savasana