
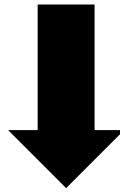



Cat – cow flow  cat – hare – cow flow  
(*viralasana – bitilasana*) (*viralasana – shashankasana – bitilasana*)

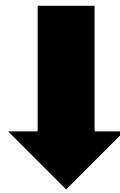




(*can also switch between hare pose and down-dog in the repetitions*)

Tiger flow (repeat)  
(*vyaghrasana*)

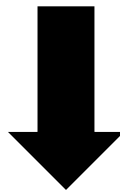



Downward-facing dog  upward-facing dog (repeat)  
(*adho mukha svanasana/urdhva mukha svanasana*)

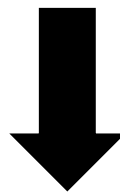


Downward-facing dog  3-legged dowl dog  lizard (+variations)  
(*adho mukha svanasana/utthan pristhasana*)

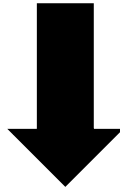
(*step or jump feet into boar pose...*)



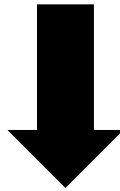
Swan dive – boar flow  boar – eagle flow (repeat)  
(*hamsa/varahasana/garudasana*)



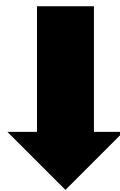
Baby dragon fly → prep for half lord of fishes  
*(ananda maksikanagasana/ardha matsyendrasana)*



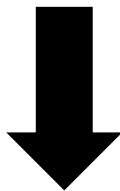
Lion & suffering – fish mudra flow  
*(simhasana/badha mudra/matsya mudra)*



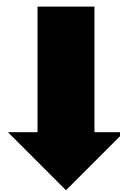
Baby cobra flow  
*(ananda bhujangasana)*



Locust → snake flow (repeat)  
*(salabhasana/sarpasana)*



Lying pigeon (in and out)  
*(supta kapotasana)*



Corpse pose  
*(savasana)*