






















15 mins



 <p><b>1. Corpse Pose</b> Savasana</p>	 <p><b>2. Half Wind Release Pose</b> Ardha Pavan Muktasana</p>	 <p><b>3. Half Wind Release Pose</b> Ardha Pavan Muktasana</p>	 <p><b>4. Belly Twist Flow</b> Supta Matsyendrasana li Flow</p>	 <p><b>5. Supine Toe Taps Flow</b></p>	 <p><b>6. Table Top Pose</b> Bharmanasana</p>	 <p><b>7. Cat Cow Pose</b> Bitilasana Marjaryasana</p>
 <p><b>8. Thread the Needle Pose</b> Urdhva Mukha Pasasana</p>	 <p><b>9. Thread the Needle Pose</b> Urdhva Mukha Pasasana</p>	 <p><b>10. Child Pose Variation Both Arms To Side</b> Balasana Variation Both Arms To Side</p>	 <p><b>11. Child Pose Variation Both Arms To Side</b> Balasana Variation Both Arms To Side</p>	 <p><b>12. Balancing Table Pose</b> Dandayamana Bharmanasana</p>	 <p><b>13. Balancing Table Pose Knee To Nose</b> Dandayamana Bharmanasana Knee To Nose</p>	 <p><b>14. Balancing Table Pose</b> Dandayamana Bharmanasana</p>
 <p><b>15. Balancing Table Pose Knee To Nose</b> Dandayamana Bharmanasana Knee To Nose</p>	 <p><b>16. Child Pose</b> Balasana</p>	 <p><b>17. Table Top Pose</b> Bharmanasana</p>	 <p><b>18. Crescent Low Lunge Hamstring Stretch Flow</b> Anjaneyasana Hamstring Stretch Vinyasa</p>	 <p><b>19. Crescent Low Lunge Hamstring Stretch Flow</b> Anjaneyasana Hamstring Stretch Vinyasa</p>	 <p><b>20. Wind Release Pose</b> Pawanmuktasana</p>	 <p><b>21. Corpse Pose</b> Savasana</p>