



Wide Child's



Wide Child's with Side Stretch



Wide Child's



Wide Child's with Side Stretch



Wide Child's



Box



Cat



Cow



Box



Cat



Cow



Box



Box with Knee to Forehead



One Legged Plank on the Knee



One Legged Box



Box



Box with Knee to Forehead



One Legged Plank on the Knee

## 20 mins Gentle Flow Yoga (Floor)

November 11, 2016 • 6:35 • 79 Poses

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One Legged Box



Box



Plank on the Knees



Side Plank on the Knee



Box with Shoulder Stretch



Box



Plank on the Knees



Side Plank on the Knee



Box with Shoulder Stretch



Box



Downward-Facing Dog



Downward-Facing Dog with Bent Knees



Standing Forward Bend



Mountain with Arms Up



Standing Forward Bend



Halfway Lift



Standing Forward Bend



Plank



Four Limbed Staff



Upward-Facing Dog



Downward-Facing Dog



Downward-Facing Dog with Hamstring Stretch



Downward-Facing Dog with Hamstring Stretch



Downward-Facing Dog with Toe Raises



Downward-Facing Dog



Standing Forward Bend



Halfway Lift



Standing Forward Bend



Mountain with Arms Up



Standing Forward Bend



Lunge on the Knee



Crescent Lunge on the Knee with Prayer Hands



Crescent Lunge on the Knee



Crescent Lunge Twist on the Knee



Crescent Lunge on the Knee



Crescent Lunge on the Knee with Prayer Hands



Lunge on the Knee



Crescent Lunge on the Knee  
with Prayer Hands



Crescent Lunge on the Knee



Crescent Lunge Twist on the  
Knee



Crescent Lunge on the Knee



Crescent Lunge on the Knee  
with Prayer Hands



Lunge on the Knee



Box



Extended Child's



Box



Seated Forward Bend  
(Preparation)



Seated Forward Bend



Corpse



Wind Removing



Corpse



One Legged Wind Removing



Supine Spinal Twist



Corpse



One Legged Wind Removing



Supine Spinal Twist



Corpse



Happy Baby



Corpse



Wind Removing



Corpse