



Active Reset Mini-Flow

1. Side Plank Variation (Vasisthasana Variation)
2. Fallen Triangle (Patita Tarasana)
3. Fallen Triangle Variation (Patita Tarasana Variation)
4. Fallen Triangle Resting Variation (Patita Tarasana Variation)
5. Side Seated Wide Angle (Parsva Upavistha Konasana)
6. Revolved Head-to-Knee (Parivrtta Janu Sirsasana)
7. Half Lord of the Fishes (Ardha Matsyendrasana)
8. Wide Legged Forward Bend Variation (Prasarita Padottanasana Variation)
9. Yogic Squat (Malasana)
10. Crow (Bakasana)