

The Magic Ten



1. Downward Dog
(10 AZ)



2. Uttanasana variation
(10 AZ)



3. Squat
(10 AZ)



4. Tepee Twist
(5 AZ Re + 5 AZ Li)



5. Ardha Matsyendrasana
(5 AZ Re + 5 AZ Li)



6. Table Top
(10 AZ)



7. Handstand
(10 AZ)



8. Standing Posture Alignment
(10 AZ)



9. Standing Side Bends
(2x Mi, Li, Mi, Re)



10. Standing Spinal Roll