

2025-06-28 Chandrasana...

Type: Complete
By: tom

1. Warmup

- child's
- child's
- child's

2. Kneeling Warmup

- bird dog
- bird dog
- bird dog

3. Standing 1/2 Sun Salutations

- down dog
- forward fold
- FF

4. Modified Sun A

- tadasana
- mountain
- FF

5. Closed Hip Sun B

- down dog
- one leg down dog
- plank

6. Sun C Chandrasana Flow

- down dog
- runner
- warrior 1

7. Standing Chandrasana Flow

- malasana
- malasana twist
- malasana twist

8. Cooldown

Created: 06/30/2025

ID: Ne6GjRsH

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