

1. *Random Saturday-0*

- table top
- one leg down dog - table top leg lift
 - step (A)
- low lunge
 - IN (A)
- anjaneyasana
- low crescent - exalted low crescent
- low crescent - low crescent twist
- half splits
 - IN (A)
- table top
- knees chin chest
- cobra - low cobra
- low crescent - low crescent prayer twist
- childs
- table top
- reverse warrior - reverse low lunge