1. Random Saturday-0

- table top
- one leg down dog — table top leg lift
  - step (A)
- low lunge
  - IN (A)
- anjaneyasana
- low crescent — low crescent twist
- low crescent — exalted low crescent
- 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