

Gomukasana Shoulder an...

Type: Complete

By: tom

1. Warmup

- seat
- seat
- seat

2. Spine Warmup

- forward fold
- tadasana
- mountain

3. Modified Sun A

- forward fold
- half lift
- modified plank

4. Closed Hip Standing

- 1LDD
- fallen triangle
- 1LDD

5. Main Flow

- 1LDD
- runner
- W1

6. Floor

- malasana
- twisted malasana
- twisted malasana

7. Ending

- butterfly
- staff
- supine twist

Created: 08/02/2025

ID: aepQNgpj

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