

YFlows Creative Flow I...

Type: Flow
By: yf

1. Example Half Moon Flow

- 1LDD
- half moon
- peaceful triangle

2. Arm Balances / Emojis

- crow
- 🐼
- 🐼

3. Example Flow

- fallen star
- one leg dog
- down dog

4. Standing Poses

- mountain
- warrior I
- triangle

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