

1. Example Half Moon Flow

- 1LDD
- half moon
- peaceful triangle
 - back of mat (A)
- humble warrior — humble warrior eagle arms
- pelican — eagle arms
- runner
- star
 - front of mat (A)
- W2
- reverse warrior

2. Arm Balances / Emojis

- crow
 - Hold crow (A)
 - 5 full yoga breath (A)
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- PINCHA

3. Example Flow

- down dog
- fallen star
- one leg dog
- wild thing
- one leg dog
- runners lunge
- low crescent — Palms Together
- runners lunge
- warrior II
- reverse warrior
- caturanga — One Leg
Chaturanga
- upward facing dog
- kneeling

4. Standing Poses

- mountain
 - Step back (A)
- warrior I — High Lunge · Right
 - Hold and breathe (A)
 - Straighten front leg (A)
- triangle · Right
 - Hand to shin or block (A)
 - Return to center (A)
- mountain