




TWIST FLOW



VINYASA AL

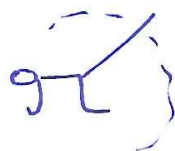

31/11/2022




 Rest knees to chest
  active twist
  knee crunch + twist (R+L)

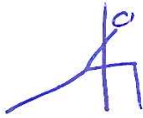
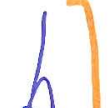
Roll up
  active breath
  active twist
  lift

 active child
  lift butt
  find hip + lift back leg

 R-LR
 go back
  butt down
  child twist (R+L)




 swing leg in circle (foot on ground) (R+L)
  twist (R+L)

jump tw.
  step foot back
  twist
  go to back

 go back to front
  twist (R+L)

twisted Uthatasana
  Uthatasana
  twist (R+L)

 step to Uthatasana
  twist (R+L)

 twist (R+L)
  twist + hold
  walk hands to back

o8T
WIII

to

o8T

twisted
ardha
chandrasana

A
standing
split

A | ... [diagram] (A)

(+) o8T twisted
teiko?

[diagram] step
to

[diagram]

[diagram]
twisted

[diagram]
twisted
sun
warrior

[diagram] step
to

[diagram] + lift
knee

[diagram] or

[diagram]

[diagram]

A ... [diagram]

[diagram] jump
tw. (A)

[diagram] so
sit
on
heel

+ parva
bhasana

+ fallen
angel?

[diagram]

(A)

[diagram]

[diagram]

twist
belly to straight leg
+ side stretch

(A)

to

[diagram]

marichyasana

drain door
naar andree
kant

[diagram] danda

[diagram] happy
saby

+ kick
butt

[diagram] first
RELA

o —

SAVASANA

✓