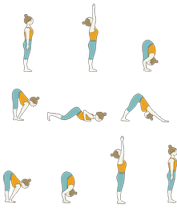




# Gentle Slow Flow

Lisette Snep



1. Sun Salutation A Variation ●  
Surya Namaskar A Variation



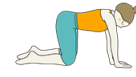
2. Runners Lunge Pose Flow ●  
Utthita Ashwa Sanchalanasana  
Vinyasa



3. Downward Facing Dog Pose ●  
Adho Mukha Svanasana



4. Child Pose ● Balasana



5. Table Top Pose ●  
Bharmanasana



6. Balancing Table Pose ●  
Dandayamana Bharmanasana



7. Balancing Table Pose Knee To  
Nose ● Dandayamana  
Bharmanasana Knee To Nose



8. Cow Face Pose Variation 2 ●  
Gomukhasana Variation 2



9. Cow Face Pose Variation Hand  
On Head Neck Side Stretch ●  
Gomukhasana Variation Hand On  
Head Neck Side Stretch



10. Seated Mountain Pose  
Thunderbolt ● Upavistha  
Parvatasana Vajrasana



11. Staff Pose ● Dandasana



12. Seated Forward Bend Pose ●  
Paschimottasana



13. Head to Knee Pose ● Janu  
Sirsasana



14. Sage Marichi Pose C  
Variation ● Marichyasana C  
Variation



15. Half Pigeon Pose ● Ardha  
Kapatasana



16. Downward Facing Dog Pose  
● Adho Mukha Svanasana



17. Child Pose ● Balasana



18. Downward Facing Dog Pose  
● Adho Mukha Svanasana



19. Standing Forward Fold Pose  
● Uttanasana



20. Chair Pose ● Utkatasana



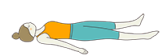
21. Bridge Pose ● Setubandha  
Sarvangasana



22. Reclining Bound Angle Pose  
● Supta Baddha Konasana



23. Supine Spinal Twist Pose II ●  
Supta Matsyendrasana II



24. Corpse Pose ● Savasana