

VINYASA 2

DURATION

CUES

KT TUNSTALL

MINIATURE DISASTERS

0 : 0

3 : 32

AFTER MIDNIGHT

JJ CALE

0 : 0

2 : 24

WATER OF LOVE

DIRE STRAITS

0 : 0

5 : 27

CLASS

SEGMENT

POSE

28 : 30

0 : 0

3LD KNEE CRUNCH X3

W2 RIGHT KNEE BENT

CRESCENT RLB

CACTUS CRESCENT

1 LEG TADASANA

CHAIR / TWISTED CH

TWISTED CRESCENT

W1 RLB

HUMBLE WARRIOR RLB

LOW LUNGE RLB

1/2 SPLIT RIGHT

32 : 0

3 : 32

RL / 1/2 MOON LL FLIES

32 : 0

3 : 33

EAGLE

34 : 15

TADASANA / D DOG / 3LD LEFT

34 : 24

2 : 24

34 : 25

0 : 0

40 : 0

5 : 27

SEGMENT END

PULL SHOULDER BLADES TOGETHER STACKED OVER HIPS

INHALE

EXHALE

INHALE

EXHALE

INHALE

EXHALE

INHALE

EXHALE

ELBOWS IN LINE WITH SHOULDERS