

ADVANCED FLOW

2.7.2014

2 PARTS

PART I (RIGHT SIDE)

T	Y
F	C

RIGHT LEG UP
FACING FRONT

***A** =ADVANCED POSTURES



LEFT LEG UP
FACING BACK

PART 2 (LEFT SIDE)

START: LEFT LEG UP, FACING BACK

END: DOWN DOG, FACING FRONT

ADVANCED FLOW .

2.7.2014

T

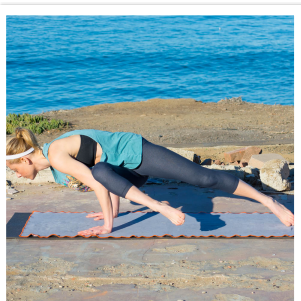
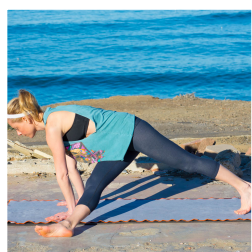
Y

F

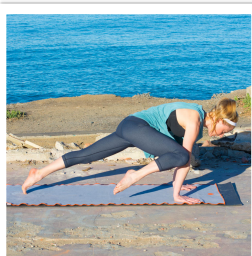
C

***A** = ADVANCED POSTURES

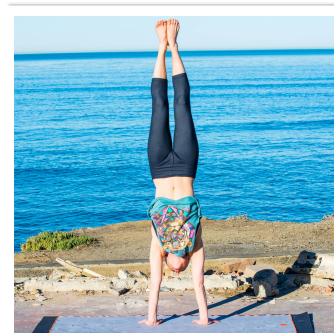
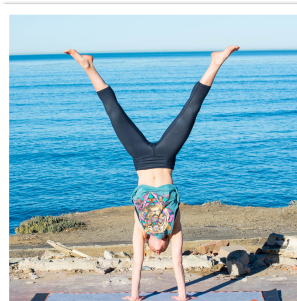
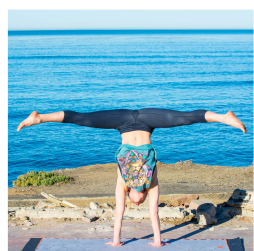
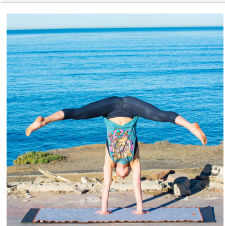
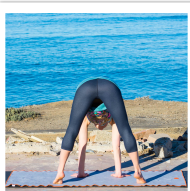
***A#1**



***A#2**



***A#4**



***A#3**

