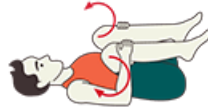


Tradies flow - 15min

Andy Fermo



1. Corpse Pose • Savasana



2. Reclined Hips Rotation • Supta Kati Paryayakrama



3. Supine Spinal Twist Pose II • Supta Matsyendrasana II

R.O.S.

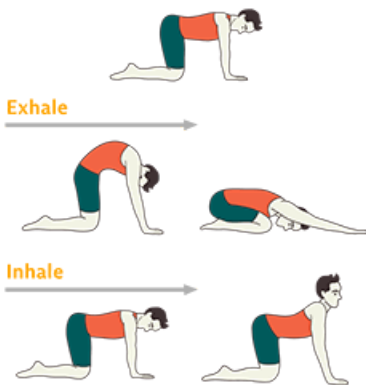
4. R Repeat Other Side



5. Table Top Pose Wrist Stretch • Bharmanasana Wrist Stretch



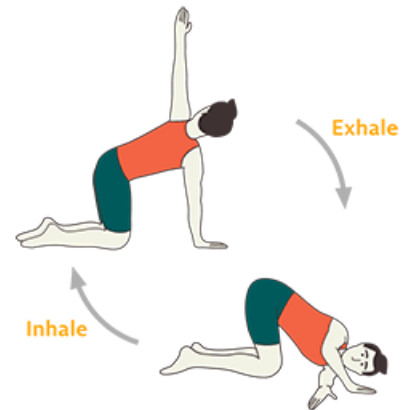
6. Toe Squat • Vajrasana Variation On Toes



7. Cat Cow Child Pose Flow • Bitilasana Marjaryasana Balasana Vinyasa



8. Section Line



9. Thread The Needle Pose Flow • Urdhva Mukha Pasasana Flow



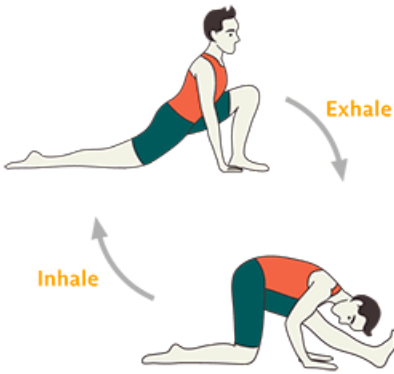
10. **Scorpion Twist Pose** • Supta Parivrtta Vrschikasana

R.O.S.

11. R Repeat Other Side



12. Section Line



13. **Crescent Low Lunge Hamstring Stretch Flow** • Anjaneyasana Hamstring Stretch Vinyasa



14. Neck Rotation And Massage

R.O.S.

15. R Repeat Other Side