



## Mandala Magic Mini-Flow

1. Warrior II (Virabhadrasana II)
2. Five Pointed Star (Utthita Tadasana)
3. Goddess Pose (Utkata Konasana)
4. Warrior II (Virabhadrasana II), other side
5. Reverse Warrior (Viparita Virabhadrasana)
6. Chair (Ukatasana)
7. Arrow Lunge (Anjaneyasana Variation)
8. Star (Utthita Tadasana)
9. Goddess Pose (Utkata Konasana)
10. Warrior II (Virabhadrasana II)