



Strong Legs, Happy Hips Mini-Flow

1. Warrior I (Virabhadrasana I)
2. Warrior III (Virabhadrasana III)
3. Standing Figure Four (Ardha Utkatasana)
4. Warrior III (Virabhadrasana III)
5. Twisted Reverse Warrior (Parivrtta Viparita Virabhadrasana)
6. Revolved Lunge Pose (Parivrtta Anjaneyasana)
7. Reverse Half Squat Pose (Viparita Skandasana)
8. Lizard (Utthan Pristhasana)
9. Plank (Phalakasana)
10. Downward Dog (Adho Mukha Svanasana)