



Dancing Queen Mini Flow

1. Three Legged Downward Dog (Adho Mukha Svanasana Variation)
2. Low Lunge Variation (Anjaneyasana Variation)
3. Revolved Low Lunge with Quad Stretch (Parivrtta Anjaneyasana Variation)
4. Half Splits (Ardha Hanumanasana)
5. Low Lunge (Anjaneyasana)
6. Full Splits (Hanumanasana)
7. Low Lunge (Anjaneyasana)
8. Standing Splits (Urdhva Prasarita Eka Padasana)
9. One-Legged Mountain Pose (Eka Pada Tadasana)
10. Dancer's Pose (Natarajasana)