



## Dynamic Stability Mini-Flow

1. Kneeling
2. Reverse Nordic
3. Yogic Squat (Malasana)
4. Crescent Lunge (Anjaneyasana)
5. Crescent Low Lunge Variation (Anjaneyasana Variation)
6. Standing Knee to Chest
7. Warrior III (Virabhadrasana III)
8. Pistol Squat Negative
9. Revolved Head to Knee Pose (Parivrtta Janu Sirsana)
10. Downward Facing Dog (Adho Mukha Svanasana)