



## Leg Launch Mini-Flow

1. Chair (Utkatasana)
2. One Legged Mountain (Eka Pada Tadasana)
3. Warrior III (Virabhadrasana III)
4. Broken Airplane (Virabhadrasana III Variation)
5. Low Crescent Lunge (Anjaneyasana)
6. Thunderbolt Lunge (Anjaneyasana Variation)
7. Warrior II (Virabhadrasana II)
8. Low Runner's Lunge (Anjaneyasana Variation)
9. One Legged Mountain (Eka Pada Tadasana)
10. Standing Figure Four (Ardha Utkatasana)