



Balance Challenge Mini-Flow

1. Mountain (Tadasana)
2. Dancer's (Natarajasana)
3. Warrior III (Virabhadrasana III)
4. Crescent Lunge (Anjaneyasana)
5. Extended Hand-to-Big-Toe Pose (Utthita Hasta Padangusthasana)
6. Figure Four (Ardha Utkatasana)
7. One Legged Mountain Variation (Eka Pada Tadasana Variation)
8. Half Moon (Ardha Chandrasana)
9. Shiva Squat
10. Half Lord of the Fishes Pose (Ardha Matsyendrasna)