



All Around Hips and Legs Mini-Flow

1. Warrior III with Arms Back (Virabhadrasana III)
2. Side Lunge (Skandasana Variation)
3. Low Lunge facing backwards (Anjaneyasana Variation)
4. Extended Side Angle (Utthita Parsvakonasana)
5. Reverse Triangle (Viparita Trikonasana)
6. Triangle Variation (Trikonasana Variation)
7. Low Lunge Variation (Anjanayasana Variation)
8. Half Split (Ardha Hanumanasana)
9. Gate Pose (Parighasana)
10. Standing Knee to Chest