



Hip Flexin'

1. Low Lunge on Fingertips (Anjaneyasana Variation)
2. Low Lunge (Anjaneyasana)
3. Half Split with Arms Back (Ardha Hanumanasana Variation)
4. High Crescent Lunge
5. Extended Side Angle with Arms Overhead (Utthita Parsvakonasana Variation)
6. Half Squat with Toe Stand (Skandasana Variation)
7. Twisted Lizard Lunge (Parivrtta Utthan Pristhasana)
8. Folded Leg Forward Bend (Triang Mukha Eka Pada Pashimottanasana)
9. Seated Leg Cradle (Hindolasana)
10. Eight Angle Pose (Astavakrasana)