



Powerful Movements Mini-Flow

1. Warrior II (Virabhadrasana II)
2. Triangle (Trikonasana)
3. Half Power Triangle
4. Warrior II (Virabhadrasana II)
5. Reverse Warrior (Viparita Virabhadrasana)
6. Extended Side Angle Pose (Utthita Parsvakonasana)
7. Easy Twisted Lunge (Parivrtta Sanchalanasana)
8. Side Plank with Tree Legs (Vasisthasana Variation)
9. Fallen Triangle (Patita Tarasana)
10. Three Legged Dog (Eka Pada Adho Mukha Svanasana)