



Lower Body Love Mini Flow

1. Three-Legged Dog (Adho Mukha Svanasana Variation)
2. Open-Hip Three Legged Dog Variation
3. Knee to Tricep
4. Low Lunge Twist
5. Lizard (Utthan Pristhasana)
6. Twisted Lizard (Parivrtta Utthan Pristhasana)
7. Half Pigeon (Ardha Kapotasana)
8. Head-to-Knee Forward Bend (Janu Sirsasana)
9. Half Lord of the Fishes (Ardha Matsyendrasana)
10. Cow Face (Gomukhasana)