



## All In The Hips

1. Crescent Lunge (Anjaneyasana)
2. Pyramid (Parsvottanasana)
3. Curtsy Squat
4. Skandansana
5. Twisting Skandasana
6. Skandasana (Opposite Side)
7. Curtsy Squat(Opposite Side)
8. Half Lord of the Fishes Pose (Ardha Matsyendrasana)
9. Standing Split
10. Standing Hand to Big Toe (Utthita Hasta Padangusthasana)