



Lunge and Twist

1. Active Squat (Malasana Variation)
2. Low Lunge (Anjaneyasana Variation)
3. Skandansana, Right Side
4. Skandasana, Left Side
5. Low Lunge Twist (Parivrtta Anjaneyasana)
6. Twisted Reverse Warrior (Parivrtta Viparita Virabhadrasana)
7. Extended Side Angle Variation (Utthita Parsvakonasana Variation)
8. Reverse Triangle (Viparita Trikonasana)
9. Triangle (Trikonasana)
10. Twisting Skandansana