



Fluid Strength Mini Flow

1. Downward Facing Dog (Adho Mukha Svanasana)
2. Three Legged Dog (Adho Mukha Svanasana Variation)
3. Knee to Nose
4. Fallen Triangle (Patita Tarasana)
5. Three Legged Dog (Adho Mukha Svanasana Variation)
6. High Crescent Lunge (Anjaneyasana)
7. One Legged Mountain (Eka Pada Tadasana)
8. Standing Figure Four (Ardha Utkatasana)
9. Warrior II (Virabhadrasana II)
10. Five Pointed Star (Utthita Tadasana)