



Up Then Down Mini Flow

1. High Crescent Lunge (Anjaneyasana)
2. Warrior II (Virabhadrasana II)
3. Side Lunge (Skandasana)
4. Warrior II (Virabhadrasana II)
5. Five Pointed Star (Utthita Tadasana)
6. Goddess (Utkata Konasana)
7. Goddess with Heels Lifted (Utkata Konasana)
8. Wide Legged Forward Bend (Prasarita Padottanasana)
9. Easy Twist (Parivrtta Anjaneyasana Variation)
10. Squat and Curl