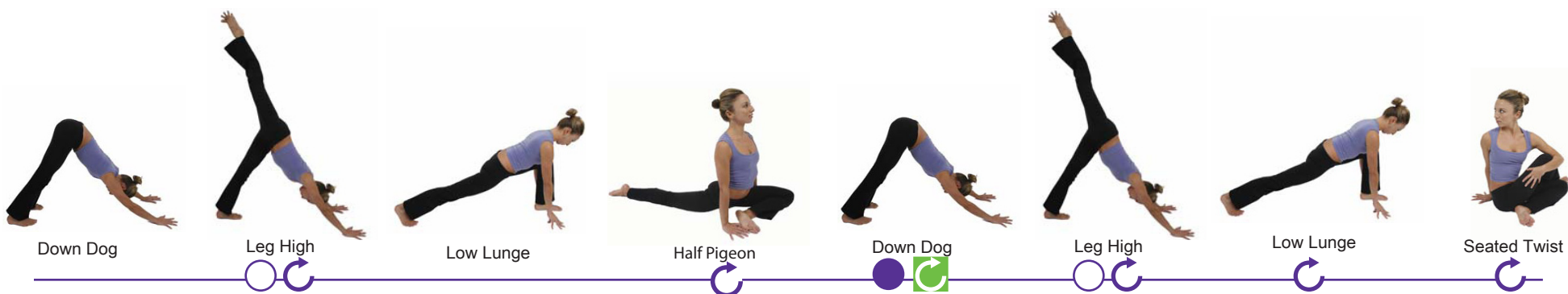


- Begin Series
- End Series
- ↻ Repeat Series
- ↻ Will repeat on opposite leg

Hip Opening Flow #2 - 20 min. - Level 3





Double Pigeon



Down Dog



Seated Forward Bend



Supta Baddha Konasana



Knees into Chest



Supine Twist



Savasana