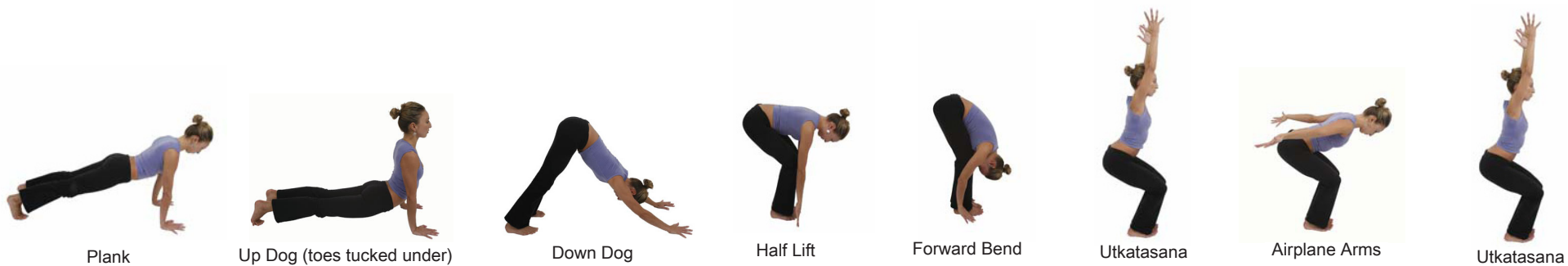
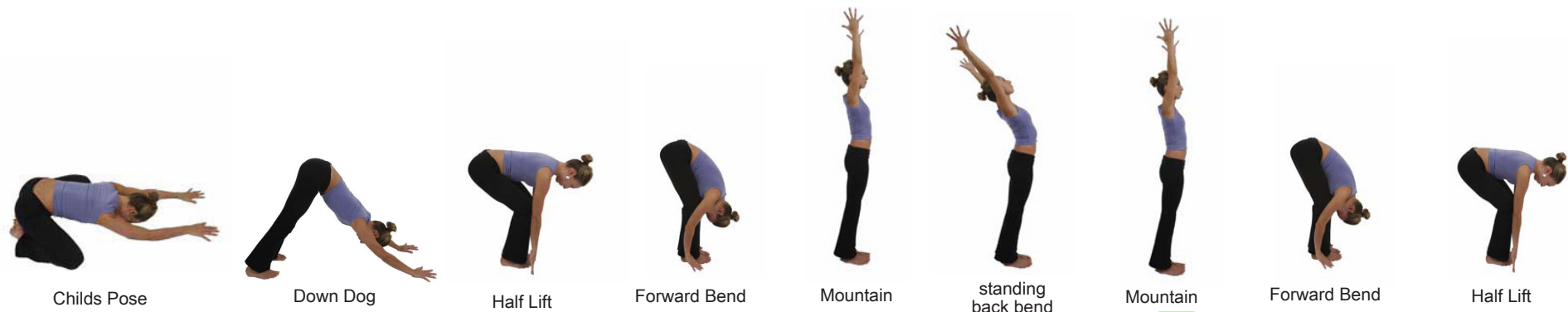


- Begin Series
- End Series
- ↻ Repeat Series
- ↻ Will repeat on opposite leg

Power Vinyasa Flow #2 - 20 min. - Level 2 - 3







Knees into Chest



Spinal Twist



Savasana



seated crossed legged