

Basic Power Yoga Series

Type: Complete
By: tom

- 1. 4-min Integration
 - child's
 - table top
 - downward facing dog
- 2. SunA
 - mountain
 - forward fold
 - halfway lift
- 3. SunB
 - forward fold
 - halfway lift
 - FwdFold
- 4. Core
 - yogi bicycles
 - yogi bicycles
 - boat
- 5. Crescent
 - down dog
 - 3 leg dog
 - low lunge
- 6. Balancing
 - chair
 - eagle
 - MTN
- 7. Triangle
 - 3 leg dog
 - low lunge
 - W1
- 8. Hips

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