



Crescent Moon



Revolved Chair



Revolved Chair with Extended Arms



Revolved Bird of Paradise (Preparation)



Chair



Standing Forward Bend



Crescent Lunge



Crescent Lunge with Prayer Hands



Revolved Crescent Lunge



Revolved Crescent Lunge with Extended Arms



Warrior I Forward Bend with Hands on Hips



Warrior III

Power Flow

February 3, 2017 • 1:15 • 12 Poses

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YOGA™