Grounded Airplane Mini-Flow

1. High Crescent Lunge (Anjayneasana)
2. One Legged Mountain Pose (Eka Pada Tadasana)
3. Standing Figure Four (Ardha Utkatasana)
4. Crescent Lunge Twist (Utthita Parivrtta Anjaneyasana)
5. Reverse Warrior (Viparita Virabhadrasana)
6. Side Lunge (Skandasana)
7. Grounded Airplane (Virahbardrahsana III Variation)
8. Shiva Squat
9. Half Lord of the Fishes Pose (Ardha Matsyendrasana)
10. Goddess Pose (Utkata Konasana)