



GPYOGABH

Reference Sequence: Hip Opening Yoga Sequence - Opening Of Hips For More Strength And Stability

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• soundcloud.com/user-806642380/sets/gpyogabh-01



1. Intense Leg Stretch Pose
Prasarita Padottanasana



2. Extended Triangle Pose Utthita
Trikonasana



3. Extended Triangle Pose Utthita
Trikonasana



4. Extended Side Angle Pose
Utthita Parsvakonasana



5. Extended Side Angle Pose
Utthita Parsvakonasana



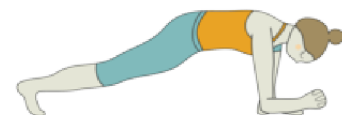
6. Reverse Warrior Pose Viparita
Virabhadrasana



7. Reverse Warrior Pose Viparita
Virabhadrasana



8. Downward Facing Dog Pose
Adho Mukha Svanasana



9. Lizard Pose Utthan Pristhasana



10. Lizard Pose Utthan Pristhasana



11. Head to Knee Pose Janu
Sirsasana



12. Head to Knee Pose Janu
Sirsasana



13. Half Lord of the Fishes Pose
Ardha Matsyendrasana



14. Half Lord of the Fishes Pose
Ardha Matsyendrasana



15. Seated Side Stretch Pose
Parsva Upavistha Konasana



16. Seated Side Stretch Pose
Parsva Upavistha Konasana



17. Reclining Bound Angle Pose
Supta Baddha Konasana



18. Reverse Pigeon Pose
Sucirandhrasana



19. Reverse Pigeon Pose
Sucirandhrasana



20. Revolved Reclined Big Toe Pose
Parivrtta Supta Padangusthasana



21. Revolved Reclined Big Toe Pose
Parivrtta Supta Padangusthasana



22. Corpse Pose Savasana