



Man Flow Yoga 7-Day Intro Pose Guide

Day 3 - Hip Mobility

Lizard Pose

Twice a Day



Level 1
Hold for :60



Level 2
Hold for :60



Level 3
Hold for :60

Pigeon Pose

Once a Day



Level 1
Hold for :45 to :90



Level 2
Hold for :45 to :90



Level 3
Hold for :45 to :90

Triangle

Twice a Day



Level 1
Hold for :30 to :45



Level 2
Hold for :30 to :45