



Man Flow Yoga 7-Day Intro Pose Guide

Day 7 - Balance

Beginner



High Lunge
Hold for :30 Each Side - 2 Sets



Airplane Pose
Hold for :30 Each Side - 2 Sets



Standing Bow
Hold for :30 to :60 - 2 Sets

Intermediate



High Lunge
Hold for :30 to :60 Each Side - 2 Sets



Airplane Pose
Hold for :30 to :60 Each Side - 2 Sets



Standing Bow
Hold for :30 to :60 - 2 Sets

Advanced



High Lunge w/ Eyes Closed
Hold for :60 Each Side - 2 Sets



Warrior 3 Pose
Hold for :15 to :30 Each Side 1-2 Sets



Standing Bow
Hold for :30 to :60 - 2 Sets