

# Body Flow

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

Hold each pose for 20 seconds then move on to the next one.  
Repeat the sequence again on the other side.



1. warrior I



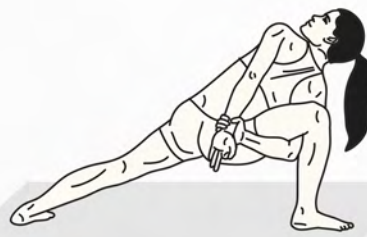
2. warrior side lotus



3. reverse warrior



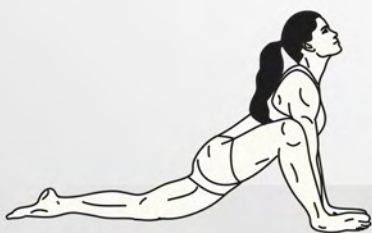
4. half moon



5. lunge lock



6. forward bend



7. lizard



8. pigeon



9. half lotus twist