

# Flow Yoga, Hips and Legs

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## Synopsis

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Los Angeles yogini Adrienne Burke leads you through an intermediate practice that strengthens the body and calms the spirit. She says that many of us absorb stress into our bodies through our hips and core, and she helps soothe these stresses through standing poses and by opening the hips and spines with specific postures and combos. Come to your mat at least twice a week to hone strength and ease stress. Note: You should have basic yoga experience to be able to do Adrienne's yoga practice. This is an intermediate/advanced yoga workout and you will need a yoga mat.

## Reader's comments

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