

20 MINUTE BEGINNER'S YOGA ROUTINE

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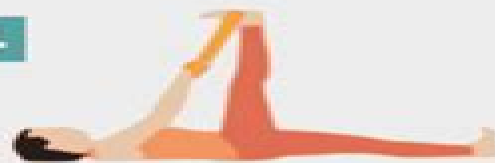
LOW LUNGE

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TOES POSE

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RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

6



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7



RECLINING SPINAL TWIST

8



LEGS UP THE WALL

Yoga For Beginners This Week

G Psacharopoulos



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