

ULTIMATE BEGINNER FLOW

workout by GROUNDED PANDA

**HOLD EACH POSE 15 SECONDS & REPEAT X4. REST 1 MINUTE BETWEEN SETS.

1 CAT-COW



2 DOWN DOG



3 STANDING FORWARD FOLD



4 MOUNTAIN



5 STANDING BACKBEND



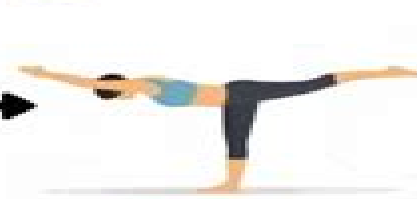
6 WARRIOR I



7 WARRIOR II



8 WARRIOR III



9 TRIANGLE



10 HALF MOON



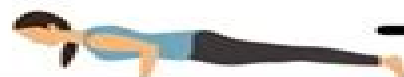
11 EXTENDED SIDE ANGLE



12 CHAIR



13 CHATURANGA



14 COBRA



15 EXTENDED SIDE ANGLE



16 SEATED FORWARD FOLD



Yoga For Beginners Guide

Trey Andrews



Yoga For Beginners Guide:

Yoga For Beginners Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Yoga For Beginners Guide**," compiled by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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