

20-MINUTE YOGA WORKOUT FOR BEGINNERS

1



Warrior I

2



Warrior II

3

AVOCADU



Warrior III

4



Reverse Warrior

5



Downward Facing Dog

6



Upward Facing Dog

7



Chair

8



Revolved Chair

9



Standing Half Forward Bend

10



Forward Bend

11



Plank

12



Four-Limbed Staff

Yoga For Beginners This Week Sign In

Daniela Niemeyer

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the name Daniela Niemeyer.

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