

20 MINUTE BEGINNER'S YOGA ROUTINE

1



DOWNWARD DOG

2



LOW LUNGE

3



TOES POSE

4



RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

6



RECLINING COW FACE

7



RECLINING SPINAL TWIST

8



LEGS UP THE WALL

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GNANI YOGA YOGI RAMACHARAKA,1908 *A Series of Lessons in Gnani Yoga (the Yoga of Wisdom.)* Yogi Ramacharaka,William Walker Atkinson,1907 **The Publishers Weekly** ,1896 **Râja Yoga Messenger** ,1923 **New Woman** ,1999 The Right Moves Tina Schwager,Michele Schuerger,1998 Explains how girls can achieve total fitness by focusing on three broad areas developing a positive self image choosing nutritious foods and exercising regularly Indian Books in Print ,2003 Yoga, Or, Transformation William Joseph Flagg,1898

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