

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



RECLINING COW FACE

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RECLINING SPINAL TWIST

8



LEGS UP THE WALL

Yoga For Beginners Top Returns

Dr. Mrudul Y. Chitrakar- Lonkar



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