

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



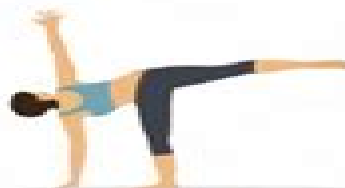
8 WARRIOR III



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

John Davidson, Dueep J. Singh



Yoga For Beginners Guide:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Yoga For Beginners Guide** . This emotionally charged ebook, available for download in a PDF format (*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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