

20-MINUTE YOGA WORKOUT FOR FLEXIBILITY

1



Upward Facing Dog

2



Downward Facing Dog

3



Revolved Chair

4



Standing Half Forward Bend

5



Camel

6



Head-to-Knee Forward Bend

7



Triangle

8



Pigeon

9



Standing Back Bend

10



Warrior I

11



Reverse Plank

12



Forward Bend

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LP Steffe



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