

20 MINUTE BEGINNER'S YOGA ROUTINE

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DOWNWARD DOG

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LOW LUNGE

3



TOES POSE

4



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 This Week

Brendan G. Carr



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