



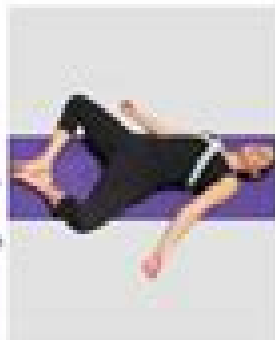
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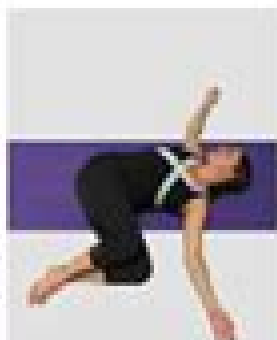
JIVAMUKTI YOGA: BEGINNERS CLASS 1

Teacher : Sarah Trestrail
Intensity: Gentle - Active
50 minutes

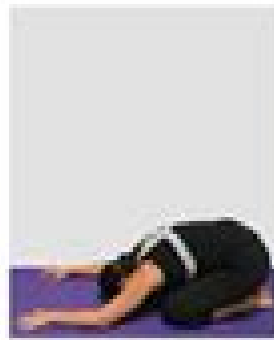
1. Reclining Cobbler's Pose +
Breathing ▼



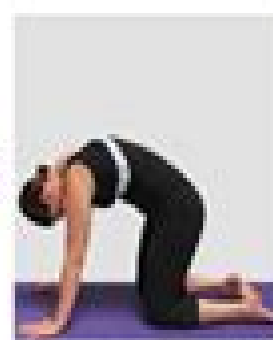
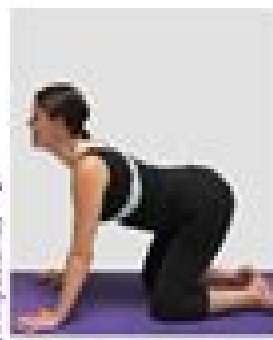
2. Lying Twist ▼



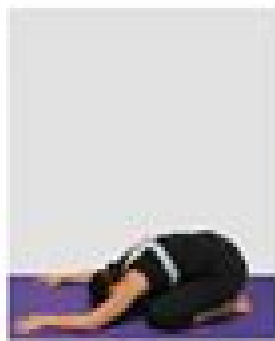
3. Child's Pose -
Balasana ▼



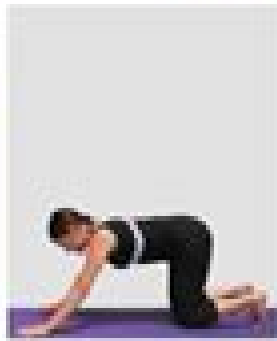
4. Cow-Cat Sequence
(Uthyasana) ▼



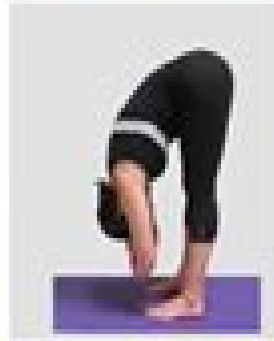
Back to Child's Pose ▼



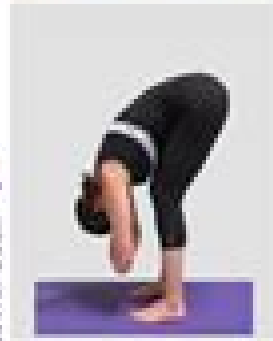
Hands and Knees -
Walk Feet to Hindut ▼



5. Standing Forward Bend -
Uttanasana ▼



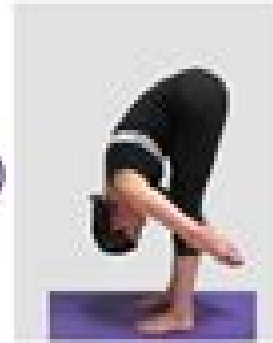
Bend Knees to Release
Lower Back ▼



6. Mountain Pose -
Tadasana ▼



7. Extended Tadasana-to-
Uttanasana ▼



Weekly Ad Yoga For Beginners Buy Online

Rachel S Tattersall



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