

ULTIMATE BEGINNER FLOW

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1 CAT-COW



2 DOWN DOG



3 STANDING FORWARD FOLD



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5 STANDING BACKBEND



6 WARRIOR I



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9 TRIANGLE



10 HALF MOON



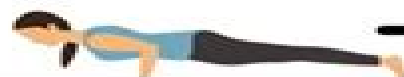
11 EXTENDED SIDE ANGLE



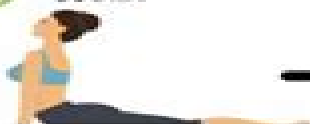
12 CHAIR



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