

ULTIMATE BEGINNER FLOW

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5 STANDING BACKBEND



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7 WARRIOR II



8 WARRIOR III



9 TRIANGLE



10 HALF MOON



11 EXTENDED SIDE ANGLE



12 CHAIR



13 CHATURANGA



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15 EXTENDED SIDE ANGLE



16 SEATED FORWARD FOLD



Yoga For Beginners Guide

Clemens Wendtner

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