

BEGINNER YOGA ROUTINE

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Hold each pose for 3 breaths. Repeat steps 1-14 on the other side before moving to step 15.

1 Cat-Cow



2 Down Dog



3 Standing Forward Fold



4 Standing Backbend



5 Mountain



6 Warrior II



7 Triangle



8 Side Angle



9 Chair



10 Standing Fold



11 Plank



12 Chaturanga



13 Cobra



14 Down Dog



15 Pigeon



16 Seated Forward Fold



17 Savasana



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David Porter



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