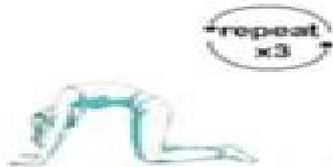


BEGINNER YOGA ROUTINE

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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



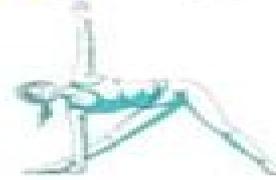
5 Mountain



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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 - The Rise of Digital Reading Yoga For Beginners Guide Sign In
 - Advantages of eBooks Over Traditional Books
2. Identifying Yoga For Beginners Guide Sign In
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Yoga For Beginners Guide Sign In
 - User-Friendly Interface
4. Exploring eBook Recommendations from Yoga For Beginners Guide Sign In
 - Personalized Recommendations
 - Yoga For Beginners Guide Sign In User Reviews and Ratings
 - Yoga For Beginners Guide Sign In and Bestseller Lists
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 - Creating a Diverse Reading Collection Yoga For Beginners Guide Sign In
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 - Carving Out Dedicated Reading Time
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 - Interactive and Gamified eBooks

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