

20 MINUTE BEGINNER'S YOGA ROUTINE

1



DOWNWARD DOG

2



LOW LUNGE

3



TOES POSE

4



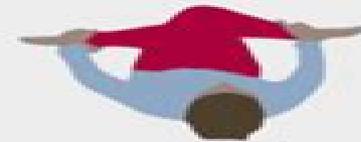
RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

6



RECLINING COW FACE

7



RECLINING SPINAL TWIST

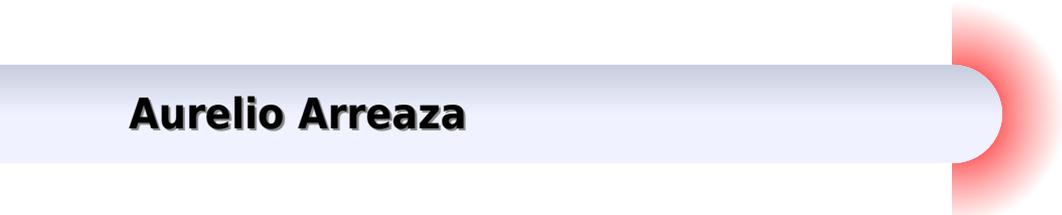
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LEGS UP THE WALL

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