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QI YOGA #3 - 45 MINS - ADVANCED INTERMEDIATE

- ◯ Begin series
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Seated Meditation	Down Dog	Plank	Down Dog	Leg High	bend knee

knee circles (step 1)	knee circles (step 2)	knee to nose	Leg High	Down Dog	Plank

Cobra	Plank	Down Dog	Forward Fold	Halfway Lift	Forward Fold

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