



# 10 MINUTE YOGA FLOW FOR BEGINNERS

Improve your strength and flexibility with this beginner-friendly yoga flow by PureGym Personal Trainer and Yoga Instructor, Drew Ash.

Hold each pose for 30 seconds.



1

**Tadasana**  
(Mountain Pose)



2

**Urdhva Mukha Svansana**  
(Upward-Facing Dog)



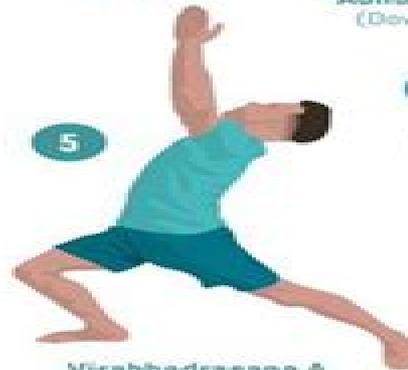
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**Adho Mukha Svansana**  
(Downward-Facing Dog)



4

**Uttanasana**  
(Standing Forward Fold)



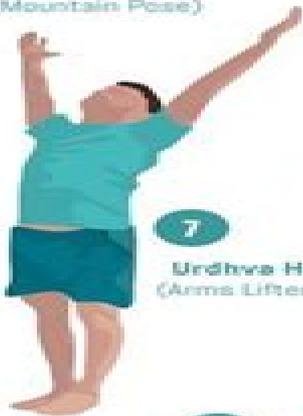
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**Virabhadrasana A**  
(Warrior 1)



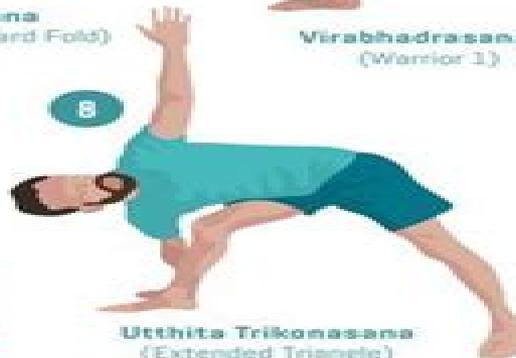
6

**Chaturanga Dandasana**  
(Four-Limbed Staff)



7

**Urdhva Hastasana**  
(Arms Lifted Overhead)



8

**Utthita Trikonasana**  
(Extended Triangle)



9

**Parivrta Trikonasana**  
(Revolved Triangle)



10

**Sukhasana**  
(Easy Pose)



11

**Savasana**  
(Corpse Pose)

# Financial Aid Yoga For Beginners How To

**Michael Hoelscher**



## **Financial Aid Yoga For Beginners How To:**

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