

20 MINUTE BEGINNER'S YOGA ROUTINE

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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

8



LEGS UP THE WALL

Yoga For Beginners Best

Michal Rosen-Zvi



Yoga For Beginners Best:

A Beginner's Guide to Yoga - Yoga for Good Health and for Weight Loss John Davidson, Dueep J. Singh, 2013-05-15
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Eastern civilizations down the ages Yoga is a state of mind it is also the art of living in which the mind body and spirit work in tandem to achieve the state of mental physical and emotional harmony And if that is too philosophical for you you can consider yoga to be a system in which you are getting in touch with your mind body and spirit in a really positive manner

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