

ULTIMATE BEGINNER FLOW

workout by GROUNDED PANDA

**HOLD EACH POSE 15 SECONDS & REPEAT X4. REST 1 MINUTE BETWEEN SETS.

1 CAT-COW



2 DOWN DOG



3 STANDING FORWARD FOLD



4 MOUNTAIN



5 STANDING BACKBEND



6 WARRIOR I



7 WARRIOR II



8 WARRIOR III



9 TRIANGLE



10 HALF MOON



11 EXTENDED SIDE ANGLE



12 CHAIR



13 CHATURANGA



14 COBRA



15 EXTENDED SIDE ANGLE



16 SEATED FORWARD FOLD



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The Mândûkyopanishad ,1894 **Bhakti-yoga** Swami Vivekananda,1922 **Video Source Book** ,2006 A guide to programs currently available on video in the areas of movies entertainment general interest education sports recreation fine arts health science business industry children juvenile how to instruction **New Woman** ,1998 *Yoga For Dummies* Georg Feuerstein,Larry Payne,1999-03-15 Yoga is not a fad It has been around in the United States for over a hundred years and has a history of approximately five millennia It is clearly here to stay Yoga has brought health and peace of mind to millions of people It can do the same for you The benefits of Yoga are many When adopted as a lifestyle Yoga extends over the entire day Find out how this can be done and why Yoga is so often loved by people who are Interested in becoming more fit and flexible Looking for stress relief Seeking to live a more peaceful and joyful life *Yoga For Dummies* guides you slowly step by step into the treasure house of Yoga And it is a fabulous treasure house You will find out how to unlock your body s extraordinary potential and enlist your mind to do so and in the process strengthen your mind as well This book covers the following topics and more Five basic approaches to Yoga Selecting a Yoga class Practicing Yoga safely The mechanics of Yogic breathing Classic foundational postures Exercises to target problem areas Putting together your personal routine Yoga for special situations The focus on this book is on Hatha pronounced haht ha Yoga which is that branch of Yoga that works primarily with the body through postures breathing exercises and other similar techniques When necessary the book provides helpful photos or illustrations to help you better understand the exercises or postures One author Georg Feuerstein is internationally recognized as a leading expert on the Yoga tradition and has authored many seminal works on it The other author Larry Payne has a thriving practice as a Yoga teacher in Los Angeles where he teaches and responds to his clients specific health challenges In this book their combined 55 years of experience have merged to create a reliable and user friendly introductory book that can also serve you as a beginner s reference work on an ongoing basis **The Video Source**

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