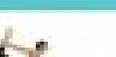
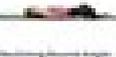




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WARM-UPS				
 Cat-Cow Pose	 Child's Pose	 Downward Dog Pose	 Sphinx Pose	 Standing Forward Bend
STRETCHING				
 Warrior II Pose	 Warrior III Pose	 Seated Spinal Twist	 Seated Forward Bend	 Butterfly Pose
 Pigeon Pose	 Saddle Pose	 Triangle Pose	 Wide-Legged Forward Bend	
BALANCE				
 Mountain Pose	 Tree Pose	 Eagle Pose	 One-Legged King Pigeon Pose	 Half Moon Pose
 Warrior I Pose	 Dancer's Pose	 Crescent Lunge	 One-Legged King Pigeon Pose	 Warrior II Pose
STRENGTH				
 Mountain Pose	 Plank Pose	 Cobra Pose	 Chaturanga Dandasana	 Upward Dog Pose
 Warrior II Pose	 Triangle Pose	 Warrior I Pose	 Warrior II Pose	 Warrior III Pose
CORE				
 Side Plank Pose	 Side Plank Pose	 Upward Plank Pose	 Triangle Pose	 Seated Spinal Twist
 Side Plank Pose	 Side Plank Pose	 Upward Plank Pose	 Triangle Pose	 Seated Spinal Twist
BACK & NECK				
 Cobra Pose	 Cobra Pose	 Bhujangasana	 Upward Plank Pose	 Upward Plank Pose
 Cobra Pose	 Cobra Pose	 Bhujangasana	 Upward Plank Pose	 Upward Plank Pose
RESTORATIVE / FINISHING SEQUENCE				
 Reclining Hero Pose	 Reclining Hero Pose	 Reclining Hero Pose	 Seated Spinal Twist	 Reclining Hero Pose
 Reclining Hero Pose	 Reclining Hero Pose	 Reclining Hero Pose	 Seated Spinal Twist	 Reclining Hero Pose

Amazon Yoga For Beginners Compare

Rosina Ehmann



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Beginners Relaxation Exercise Kimberly H. Johnson,2019-07-03

The book delves into Amazon Yoga For Beginners Compare. Amazon Yoga For Beginners Compare is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Amazon Yoga For Beginners Compare, encompassing both the fundamentals and more intricate discussions.

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 - Chapter 2: Essential Elements of Amazon Yoga For Beginners Compare
 - Chapter 3: Amazon Yoga For Beginners Compare in Everyday Life
 - Chapter 4: Amazon Yoga For Beginners Compare in Specific Contexts
 - Chapter 5: Conclusion
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4. In chapter 3, the author will examine the practical applications of Amazon Yoga For Beginners Compare in daily life. The third chapter will showcase real-world examples of how Amazon Yoga For Beginners Compare can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Amazon Yoga For Beginners Compare in specific contexts. This chapter will explore how Amazon Yoga For Beginners Compare is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Amazon Yoga For Beginners Compare. The final chapter will summarize the key points that have been discussed throughout the book.

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