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QIYOGA #3 - 45 MINS - ADVANCED INTERMEDIATE

- Begin series
- End series
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- Repeat series on other leg/side
- Repeat pose on opposite leg/side



Seated Meditation



Down Dog



Plank



Down Dog



Leg High



bend knee

3



knee circle (step 1)



knee circle (step 2)



knee to nose



Leg High



Down Dog



Plank



Cobra



Plank



Down Dog



Forward Fold



Halfway Lift



Forward Fold



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M Walker



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