

ONE-LEGGED  
MOUNTAIN



AIRPLANE  
POSE



WARRIOR 1



WARRIOR 2



*Beginners Yoga*

# WARRIOR SEQUENCE

REVERSE  
WARRIOR



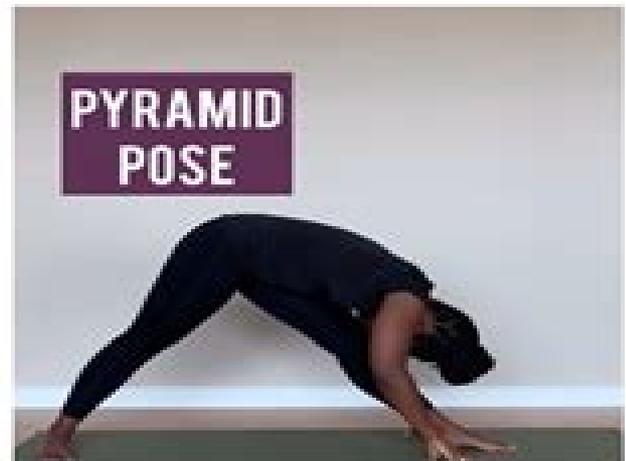
SIDE ANGLE  
POSE



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# Yoga For Beginners On Sale Setup

**RJ Alexander**



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