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JIVAMUKTI YOGA: BEGINNERS CLASS 1

Teacher : Sarah Trestrail  
Intensity: Gentle - Active  
50 minutes

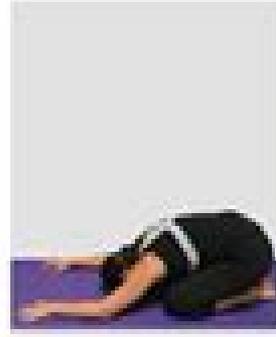
1. Reclining Cobbler's Pose + Breathing ▼



2. Lying Twist ▼



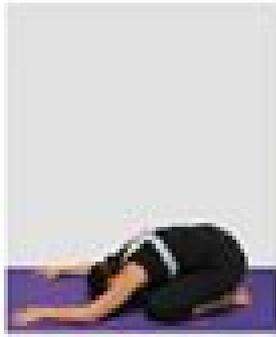
3. Child's Pose - Balasana ▼



4. Cow-Cat Sequence (Bhujangasana) ▼



Back to Child's Pose ▼



Hands and Knees - Walk Feet to Hips ▼



5. Standing Forward Bend - Uttanasana ▼



Bend Knees to Release Lower Back ▼



6. Mountain Pose - Tadasana ▼



7. Extended Tulasana or Uttanasana ▼



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**EW Minium**



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