

20 MINUTE BEGINNER'S YOGA ROUTINE

1



DOWNWARD DOG

2



LOW LUNGE

3



TOES POSE

4



RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

6



RECLINING COW FACE

7



RECLINING SPINAL TWIST

8



LEGS UP THE WALL

Yoga For Beginners Today Returns

Aurobindo Ghose



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NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started

AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success based on the authors many years of experience

TEST YOURSELF Tests in the book and online to keep track of your progress

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