

# 20 MINUTE BEGINNER'S YOGA ROUTINE

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DOWNWARD DOG

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LOW LUNGE

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TOES POSE

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RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

6



RECLINING COW FACE

7



RECLINING SPINAL TWIST

8



LEGS UP THE WALL

# Yoga For Beginners Best

**Xiaolong Qi**



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5 7 set up test equipment outside of the safety zone and use caution ribbon to restrict access around the test equipment 5 8 during pressure testing events distinct warning signs such as danger high pressure

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