

20 MINUTE BEGINNER'S YOGA ROUTINE

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DOWNWARD DOG

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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 Top Returns

Swami Vivekananda



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the rails she braves one last ditch attempt to try and make him see they need to work together to get through the heartache
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