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QIYOGA #3 - 45 MINS - ADVANCED INTERMEDIATE

- Begin series
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- Repeat pose on opposite leg/side



Seated Meditation



Down Dog



Plank



Down Dog



Leg High



bend knee

3



knee circle leg (step 1)



knee circles (step 2)



knee to nose



Leg High



Down Dog



Plank



Cobra



Plank



Down Dog



Forward Fold



Halfway Lift



Forward Fold



Yoga For Beginners Review Download

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In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Yoga For Beginners Review Download**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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