

# 20 MINUTE BEGINNER'S YOGA ROUTINE

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1



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



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8



LEGS UP THE WALL

# Snapshot Yoga For Beginners Today

**Jiyuan Zhang**



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