

20 MINUTE BEGINNER'S YOGA ROUTINE

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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 Best

**Neil R. Bockian, Ph.D., Nora Elizabeth
Villagran, Valerie Ma Porr**

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