

# 20 MINUTE BEGINNER'S YOGA ROUTINE

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3



TOES POSE

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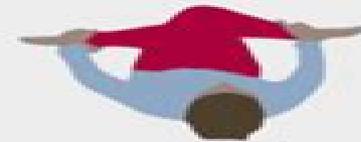
RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

6



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7



RECLINING SPINAL TWIST

8



LEGS UP THE WALL

# Yoga For Beginners This Week Sign In

**Victor M. Corman**



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