

# ULTIMATE BEGINNER FLOW

workout by GROUNDED PANDA

\*\*HOLD EACH POSE 15 SECONDS & REPEAT X4. REST 1 MINUTE BETWEEN SETS.

1 CAT-COW



2 DOWN DOG



3 STANDING FORWARD FOLD



4 MOUNTAIN



5 STANDING BACKBEND



6 WARRIOR I



7 WARRIOR II



8 WARRIOR III



9 TRIANGLE



10 HALF MOON



11 EXTENDED SIDE ANGLE



12 CHAIR



13 CHATURANGA



14 COBRA



15 EXTENDED SIDE ANGLE



16 SEATED FORWARD FOLD



# Yoga For Beginners Today Install

**M Planty**



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*Râja Yoga Messenger* ,1912

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Yoga Life ,1990

Parliamentary Debates India. Parliament. Rajya Sabha,2007-05-24

*Bowker's Complete Video Directory 2001* ,2001

**Century Path** ,1910

**India Today** ,1985

Complete Works Swami Vivekananda,1964

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web how to read them specifications are provided in degrees the quicktrick quickspecs give you caster and camber in degrees and toe angles in degrees and inches this makes it easy to check your angles with a quicktrick and see if you are out

of alignment or still falling within the manufacturers range