



# YOGA DOWNLOAD

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QIYOGA #3 - 45 MINS - ADVANCED INTERMEDIATE

- Begin series
- End series
- Repeat series
- Repeat series on other leg/side
- Repeat pose on opposite leg/side



Seated Meditation



Down Dog



Plank



Down Dog



Leg High



bend knee

3



knee circle (step 1)



knee circle (step 2)



knee to nose



Leg High



Down Dog



Plank



Cobra



Plank



Down Dog



Forward Fold



Halfway Lift



Forward Fold



# [Yoga For Beginners Guide Download](#)

**JG Myers**



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## Unveiling the Power of Verbal Art: An Psychological Sojourn through **Yoga For Beginners Guide Download**

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