

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



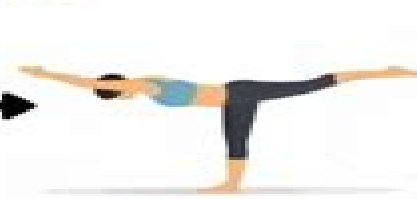
6 WARRIOR I



7 WARRIOR II



8 WARRIOR III



9 TRIANGLE



10 HALF MOON



11 EXTENDED SIDE ANGLE



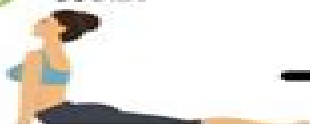
12 CHAIR



13 CHATURANGA



14 COBRA



15 EXTENDED SIDE ANGLE



16 SEATED FORWARD FOLD



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 - The Rise of Digital Reading Yoga For Beginners Today Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Yoga For Beginners Today Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Yoga For Beginners Today Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Yoga For Beginners Today Download
 - Personalized Recommendations
 - Yoga For Beginners Today Download User Reviews and Ratings
 - Yoga For Beginners Today Download and Bestseller Lists

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 - Carving Out Dedicated Reading Time
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13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

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- Interactive and Gamified eBooks

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