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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



Savasana



Down Dog



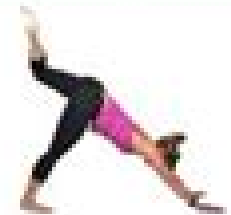
Plank



Down Dog



Leg High



Bend Knee

3



Knee circles (step 1)



Knee circles (step 2)



Knee to nose



Leg High



Down Dog



Plank



Cobra



Plank



Down Dog



Forward Fold



Halfway Lift



Forward Fold



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J Dewey



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Table of Contents Yoga For Beginners In The Us Download

1. Understanding the eBook Yoga For Beginners In The Us Download
 - The Rise of Digital Reading Yoga For Beginners In The Us Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Yoga For Beginners In The Us 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 In The Us Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Yoga For Beginners In The Us Download
 - Personalized Recommendations
 - Yoga For Beginners In The Us Download User Reviews and Ratings

- Yoga For Beginners In The Us Download and Bestseller Lists
- 5. Accessing Yoga For Beginners In The Us Download Free and Paid eBooks
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 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Yoga For Beginners In The Us Download
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 - Creating a Diverse Reading Collection Yoga For Beginners In The Us Download
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
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 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Yoga For Beginners In The Us Download
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 - Distinguishing Credible Sources

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 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
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 - Integration of Multimedia Elements
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