

20 MINUTE BEGINNER'S YOGA ROUTINE

1



DOWNWARD DOG

2



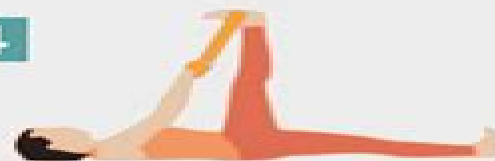
LOW LUNGE

3



TOES POSE

4



RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

6



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7



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8



LEGS UP THE WALL

Yoga For Beginners Review

Arturo Cuomo



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