

20 MINUTE BEGINNER'S YOGA ROUTINE

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DOWNWARD DOG

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LOW LUNGE

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TOES POSE

4



RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

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RECLINING COW FACE

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RECLINING SPINAL TWIST

8



LEGS UP THE WALL

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JA Banks



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Strategy Data driven tactics for targeting high intent audiences crafting ads that convert and optimizing funnels to maximize engagement and sales

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