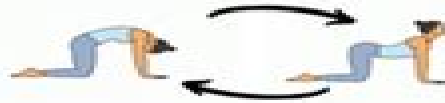


30 MIN BEGINNER VINYASA YOGA FLOW

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Child's pose.
Deepen the breath. Optional side stretch.



Cat-cow.
Repeat 3-5 times.



Puppy pose.
5-8 breaths.



Downward dog.
5-8 breaths.
Walk the feet one by one, stretching the legs.



Ragdoll.
5-8 breaths.
Hold the opposite elbows, sway the body side to side.

2-3 rounds of Sun Salutation A (modify as needed)



Chair pose.
5 breaths.



Plank pose.
5 breaths.



Sphinx pose.
5-8 breaths.



Downward dog.
3-5 breaths.



3-legged dog.
3 breaths.



High lunge.
3-5 breaths.



Downward dog.
3 breaths.

Repeat on the other side



3-legged dog.
1-2 breaths.



High lunge.
1-2 breaths.



Warrior II.
5-8 breaths.



Triangle pose.
5-8 breaths.



Downdog.
1-2 breaths.

Repeat on the other side



Seated twist.
5 breaths each side.



Knees to chest.
Rock side to side.



Happy baby.
5-8 breaths.



Savasana.
Stay for 2 minutes or longer.

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R Bogdan



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