

EVERY DAY MORNING YOGA ROUTINE FOR FLEXIBILITY

1



Half Lord of the Fishes

2



Revolved Head-to-Knee

3



Forward Bend

4



Upward Facing Dog

5



Crescent Lunge

6



Triangle

7



Pigeon

8



Camel

9



Revolved Chair

10



Downward Facing Dog

11



One-Legged DF Dog

12



Three-Legged DF Dog

Morning Routine Yoga For Beginners Deal

Jianjun Gao



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Yoga Journal ,1997-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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