

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



RECLINING COW FACE

7



RECLINING SPINAL TWIST

8



LEGS UP THE WALL

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1. This book is structured into several chapters, namely:
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 - Chapter 2: Essential Elements of Yoga For Beginners Latest Sign In
 - Chapter 3: Yoga For Beginners Latest Sign In in Everyday Life
 - Chapter 4: Yoga For Beginners Latest Sign In in Specific Contexts
 - Chapter 5: Conclusion
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 4. In chapter 3, this book will examine the practical applications of Yoga For Beginners Latest Sign In in daily life. The third chapter will showcase real-world examples of how Yoga For Beginners Latest Sign In can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Yoga For Beginners Latest Sign In in specific contexts. This chapter will explore how Yoga For Beginners Latest Sign In is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Yoga For Beginners Latest Sign In. The final chapter will summarize the key points that have been discussed throughout the book.
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