

# BEGINNER YOGA ROUTINE

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Hold each pose for 3 breaths. Repeat steps 1-14 on the other side before moving to step 15.

## 1 Cat-Cow

repeat x3



## 5 Mountain



## 9 Chair



## 10 Standing Fold



## 11 Plank



## 12 Chaturanga



## 13 Cobra



## 14 Down Dog



## 15 Pigeon



## 16 Seated Forward Fold



## 17 Savasana



# **Yoga For Beginners Guide Same Day Delivery**

**M Carnoy**

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