

# YOGA FOR WEIGHT LOSS

15 MINUTE ROUTINE

GROUND PANDA

**1 PLANK**



**2 CHATURANGA**



**3 UP-DOG**



**4 3 LEGGED DOG**



**5 HIGH LUNGE**



**6 WARRIOR II**



**7 PYRAMID**



**8 WARRIOR III**



**9 TWISTED CHAIR**



**10 FORWARD FOLD**



**11 GODDESS**



**12 EXTENDED SIDE ANGLE**



**13 BOAT**



**14 BRIDGE**



**15 BOW**



HOLD POSES 00:20.REPEAT ON OTHER SIDE. DO 4 ROUNDS

# Yoga For Beginners Weight Loss Plan Guide

**Sabine Zange**



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