

20 MINUTE BEGINNER'S YOGA ROUTINE

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DOWNWARD DOG

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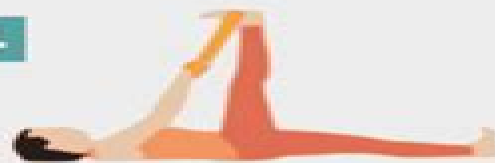
LOW LUNGE

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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first things first before you start writing the calendar invite make sure you have something engaging where the recipient sees sender whenever possible the email should come from you or another person rather than your company or team according to superoffice over 45 of email recipients decide see more

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