

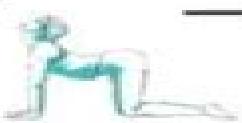
BEGINNER YOGA ROUTINE

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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



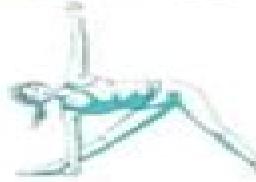
5 Mountain



6 Warrior II



7 Triangle



9 Chair



10 Standing Fold

11 Plank



12 Chaturanga



13 Cobra



14 Down Dog



15 Pigeon



16 Seated Forward Fold



17 Savasana



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A Beginner's Guide to the Roots of Yoga Nikita Desai,2025-01-30 Crucial and timely VEX KING

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