

20 MINUTE BEGINNER'S YOGA ROUTINE

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DOWNWARD DOG

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LOW LUNGE

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TOES POSE

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RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

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RECLINING COW FACE

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RECLINING SPINAL TWIST

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LEGS UP THE WALL

Yoga For Beginners This Week

Joacim Rocklöv



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double share of his wife s inheritance and a parent is entitled to a double share of their child s