

# EVERY DAY MORNING YOGA ROUTINE FOR FLEXIBILITY

1



Half Lord of the Fishes

2



Revolved Head-to-Knee

3



Forward Bend

4



Upward Facing Dog

5



Crescent Lunge

6



Triangle

7



Pigeon

8



Camel

9



Revolved Chair

10



Downward Facing Dog

11



One-Legged DF Dog

12



Three-Legged DF Dog

# Morning Routine Yoga For Beginners Deal

**G Orfield**



## **Morning Routine Yoga For Beginners Deal:**

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*The Video Source Book* David J. WEINER, 1990 New Age ,2001 Yoga Made Easy Howard Kent, 2002-05 Contains step by step instructions for learning yoga including preparation exercises relaxation and meditation

**Yoga Life** ,1989 *The Library Journal* ,1999 Includes beginning Sept 15 1954 and on the 15th of each month Sept May a special section School library journal ISSN 0000 0035 called Junior libraries 1954 May 1961 Also issued separately

**Bowker's Complete Video Directory** ,2000 **The Astrological Magazine** ,1975 *The American Yoga Association Beginner's Manual* Alice Christensen, 1987 This excellent guidebook boasts a clear safe and thorough introduction to yoga from the organization that sets the standard for yoga instruction in this country 323 photographs

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