

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

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**Thirumalaisamy P.
Velavancorresponding**

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