

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

Thirumalaisamy P.
Velavancorresponding



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 **Bowker's Complete Video Directory** ,2000 **The Astrological Magazine** ,1972 *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 **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 **Bowker's Complete Video Directory 2001** ,2001 **Library Journal** ,2009

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