

# CHAIR YOGA EXERCISES FOR BEGINNERS



This gentle full body flow is suitable for beginners, seniors and those with limited mobility.

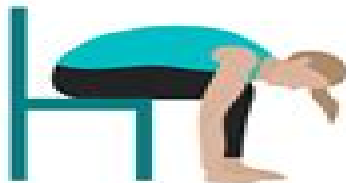
1. Cat-cow



2. Raised hands pose



3. Forward bend



4. Extended side angle



5. Pigeon



6. Eagle



7. Spinal twist



8. Warrior I



9. Warrior II



10. Reverse warrior



11. Savasana



# Yoga For Beginners Last 90 Days Setup

**Quigley Publishing**



## **Yoga For Beginners Last 90 Days Setup:**

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