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-  Begin series
-  End series
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-  Repeat pose on opposite leg/side



Savasana (Savasana)



Down Dog



Plank



Down Dog



Leg High



Bend knee

3



Knee circles (step 1)



Knee circles (step 2)



Knee to nose



Leg High



Down Dog



Plank



Cobra



Plank



Down Dog



Forward Fold



Halfway Lift



Forward Fold



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 - Advantages of eBooks Over Traditional Books
2. Identifying Yoga For Beginners Guide Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
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 - Popular eBook Platforms
 - Features to Look for in an Yoga For Beginners Guide Download
 - User-Friendly Interface
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 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
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 - Carving Out Dedicated Reading Time
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 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks

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- Interactive and Gamified eBooks

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