

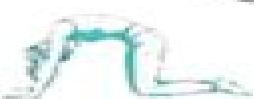
# CHALLENGING BEGINNER YOGA ROUTINE

[yogalover.com](http://yogalover.com)

Hold each pose for 3 breaths. Repeat steps 1-14 on the other side before moving to step 15.

## 1 Cat-Cow

repeat x3



## 2 Down Dog



## 3 Standing Forward Fold



## 4 Standing Backbend



## 5 Mountain



## 6 Warrior I



## 7 Warrior II



## 8 Warrior III



## 9 Triangle



## 10 Half Moon



## 11 Side Angle



## 12 Chair



## 13 Chaturanga



## 14 Cobra



## 15 Pigeon



## 16 Seated Forward Fold



## 17 Savasana



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**Xiaolong Qi**

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