

# CHALLENGING BEGINNER YOGA ROUTINE

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

1 Cat-Cow



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



# Yoga For Beginners This Week Sign In

**Xiaolong Qi**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the name bar.

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