

20-MINUTE YOGA WORKOUT FOR BEGINNERS

1



Warrior I

2



Warrior II

3

AVOCADU



Warrior III

4



Reverse Warrior

5



Downward Facing Dog

6



Upward Facing Dog

7



Chair

8



Revolved Chair

9



Standing Half Forward Bend

10



Forward Bend

11



Plank

12



Four-Limbed Staff

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Peipei Pang



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Yoga John Frederick Charles Fuller,1925 Shape ,1995 Shambhala Sun ,2001 **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 Hatha Yoga Eva Ruchpaul,1970 An Introduction to Yoga Annie Besant,1908

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