

# 20 MINUTE BEGINNER'S YOGA ROUTINE

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DOWNWARD DOG

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LOW LUNGE

3



TOES POSE

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RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

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RECLINING COW FACE

7



RECLINING SPINAL TWIST

8



LEGS UP THE WALL

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**Kate Codrington**



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