

# 20 MINUTE BEGINNER'S YOGA ROUTINE

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DOWNWARD DOG

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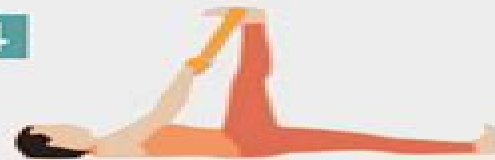
LOW LUNGE

3



TOES POSE

4



RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

6



RECLINING COW FACE

7



RECLINING SPINAL TWIST

8



LEGS UP THE WALL

# Yoga For Beginners Review

**John Ross Baumes, Robert Stuart  
MacArthur, Henry Clay Vedder**



## Yoga For Beginners Review:

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