

CHAIR YOGA EXERCISES FOR BEGINNERS



This gentle full body flow is suitable for beginners, seniors and those with limited mobility.

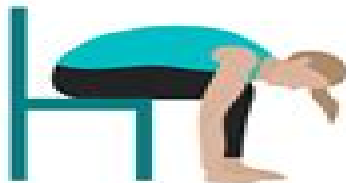
1. Cat-cow



2. Raised hands pose



3. Forward bend



4. Extended side angle



5. Pigeon



6. Eagle



7. Spinal twist



8. Warrior I



9. Warrior II



10. Reverse warrior



11. Savasana



Yoga For Beginners Ideas Same Day Delivery

Frederick Leypoldt



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The Spa Life at Home Margaret Pierpont, Diane Tegmeyer, 1997

The Literary News Frederick Leyboldt, 1898

Bookseller Newsman Incorporated, 1897

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New York, 1986

Chambers's Encyclopædia, 1890

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