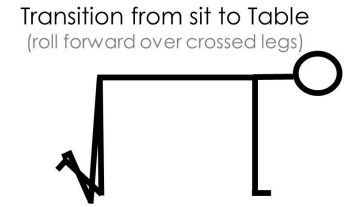
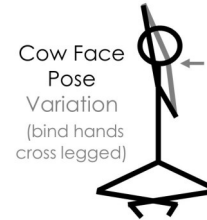
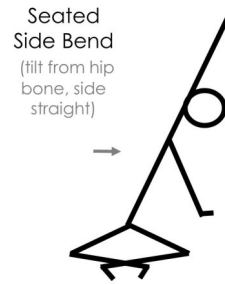
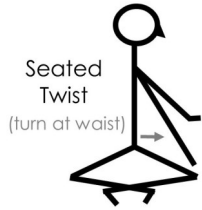


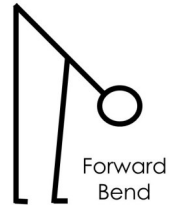
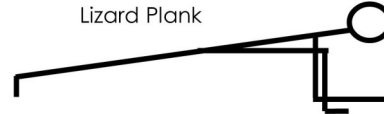
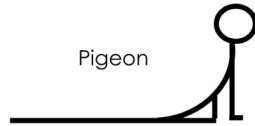
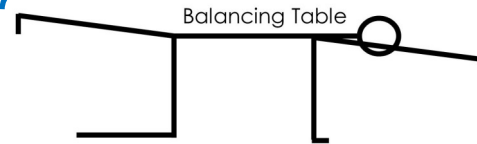
Beginners Yoga Sequence

Both Sides

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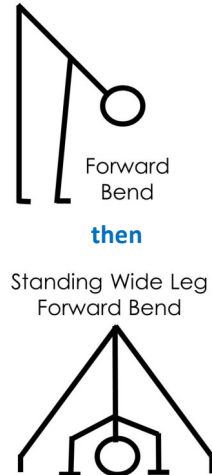
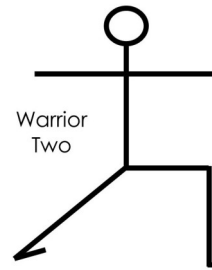
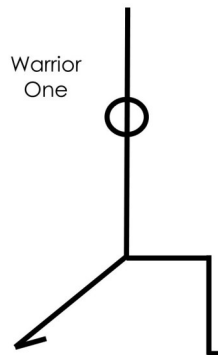
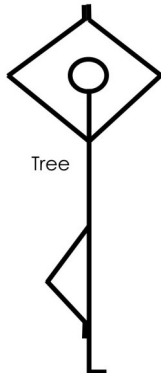
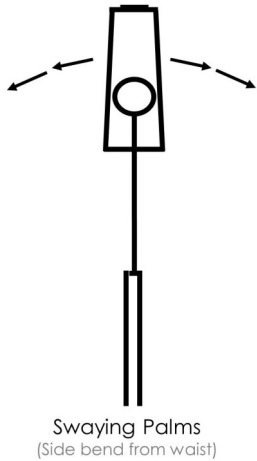


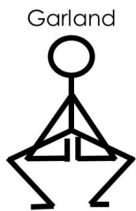
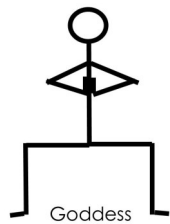
Both Sides



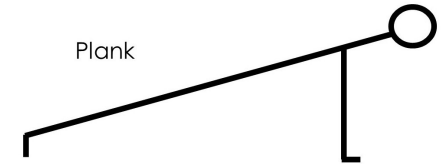
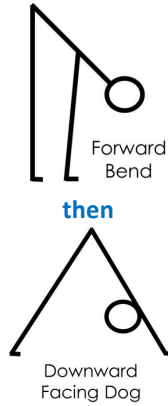
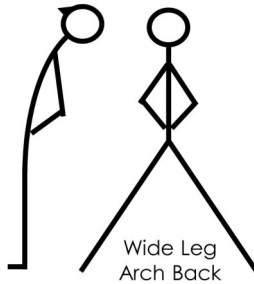
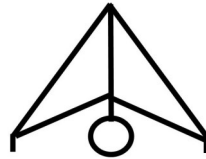
Right then Left

Both Sides

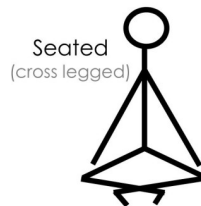
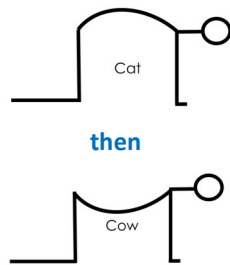
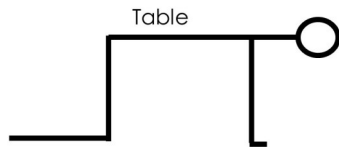




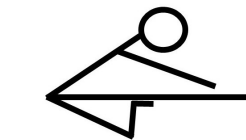
Standing Wide Leg Forward Bend (ankle hold)



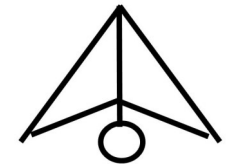
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Head to Knee Forward Bend



Seated Wide Leg Forward Bend



Both Sides

