

Beginner Yoga Flow Routine

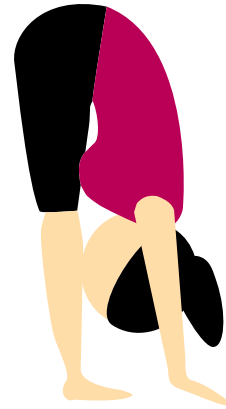
*Little Steps,
Big Happy*

Hold each move for 3-5 breaths. Repeat sequence twice.

1. Mountain Pose



2. Standing Forward Fold



3. Plank Pose



4. Downward Dog



5. Warrior II Left Side



6. Low Lunge Left Side



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*Little Steps,
Big Happy*

Hold each move for 3-5 breaths. Repeat sequence twice.

7. Low Lunge Right Side



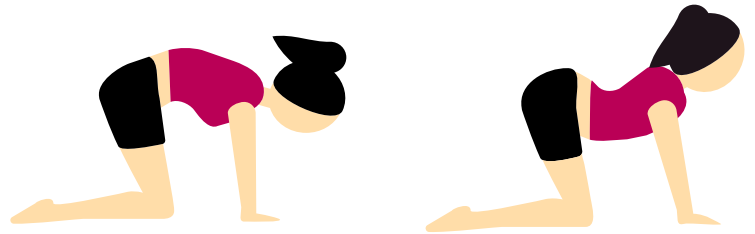
8. Warrior II Right Side



9. Plank Pose



10. Cat/Cow 4 Times



11. Seated Twist to the Left



12. Seated Twist to the Right

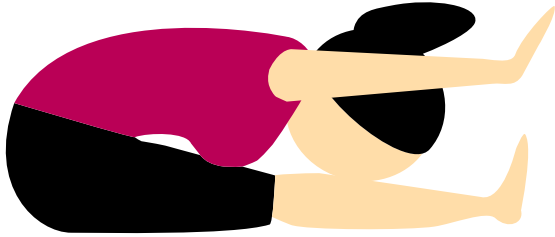


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*Little Steps,
Big Happy*

Hold each move for 3-5 breaths. Repeat sequence twice.

13. Seated Forward Fold



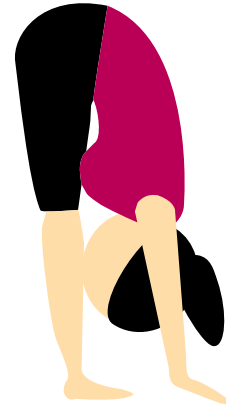
14. Child's Pose



15. Downward Dog



16. Standing Forward Fold



17. Chair Pose



18. Mountain Pose

