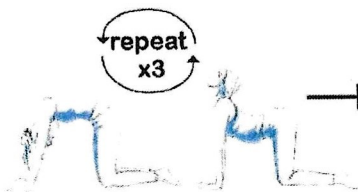


IMMUNE BOOSTING YOGA ROUTINE

yogarove.com

Hold each pose for 3-5 breaths. Repeat steps 1-9 on the other side before moving to step 10.

1 Cat-Cow



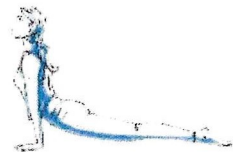
2 Plank



3 Chaturanga



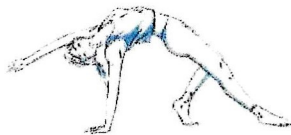
4 Upward Dog



5 Downward Dog



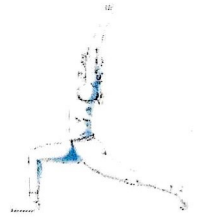
6 Wild Thing



7 Downward Dog



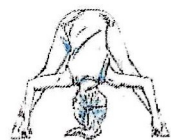
8 High Lunge



9 Tree



10 Wide Legged Fold



11 Seated Fold



12 Shoulderstand



13 Savasana

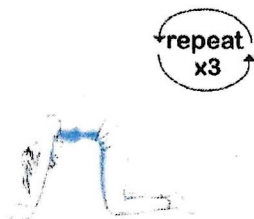


BEGINNER YOGA ROUTINE

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Hold each pose for 5 breaths. Repeat steps 1-14 on the other side before moving to step 15.

1 Cat-Cow



2 Down Dog



3 Standing Forward Fold



4 Standing Backbend



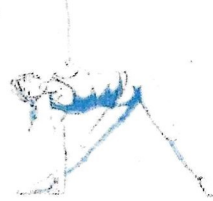
5 Mountain



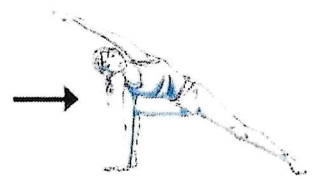
6 Warrior II



7 Triangle



8 Side Angle



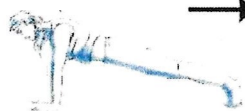
9 Chair



10 Standing Fold



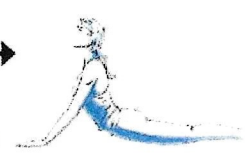
11 Plank



12 Chaturanga



13 Cobra



14 Down Dog



15 Pigeon



16 Seated Forward Fold



17 Savasana

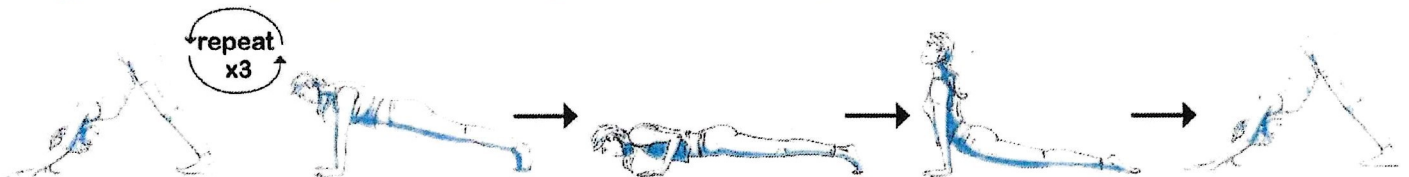


YOGA ROUTINE for WEIGHT LOSS

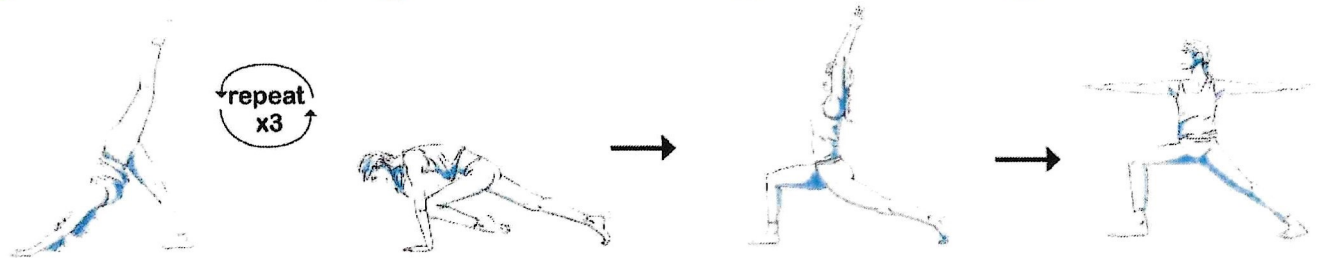
yogarover.com

Hold each pose for 3 breaths. Repeat steps 1-14 on the other side before moving to step 15.

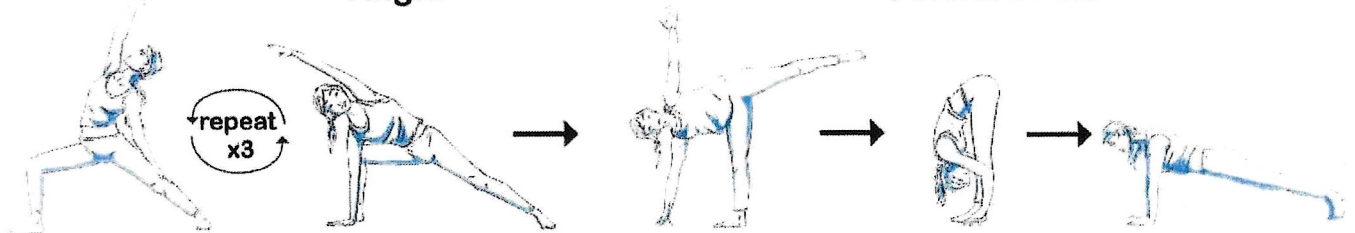
- 1** Down Dog **2** Plank **3** Chaturanga **4** Upward Dog **5** Down Dog



- 6** Three Legged Dog **7** Knee to Nose **8** High Lunge **9** Warrior II



- 10** Reverse Warrior **11** Extended Side Angle **12** Half Moon **13** Standing Forward Fold **14** Plank



- 15** Boat **16** Low Boat **17** Bridge **18** Savasana

