

# BEGINNER YOGA ROUTINE

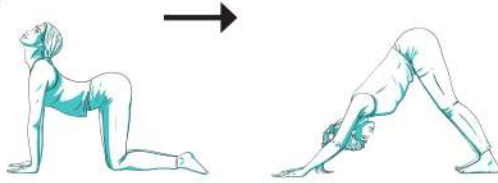
yogarove.com

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

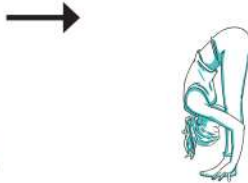
1 Cat-Cow



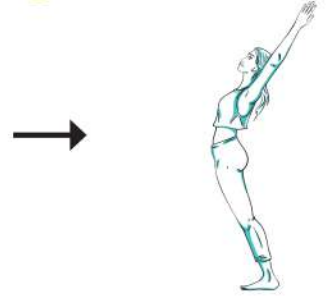
2 Down Dog



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

