

YOGA ROUTINE for Triangle

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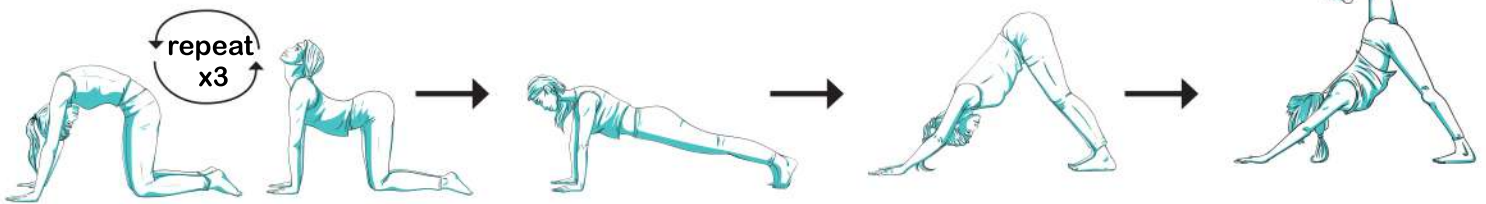
Hold each pose 3-5 breaths. Repeat steps 1-14 before moving onto step 15.

1 Cat-Cow

2 Plank

3 Down Dog

4 Three Legged Dog
Hip Opener

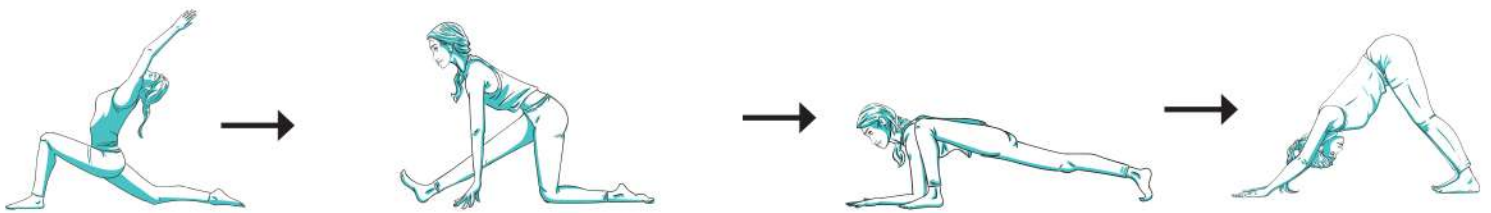


5 Crescent Lunge

6 Half Split

7 Lizard

8 Down Dog

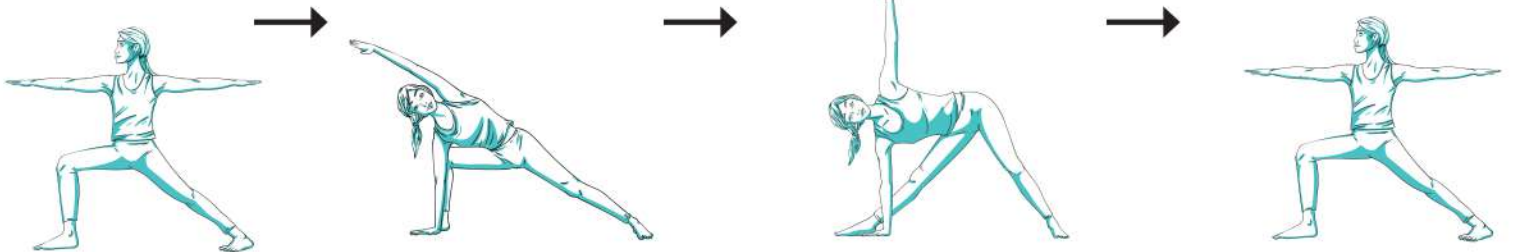


9 Warrior II

10 Extended Side
Angle

11 Triangle

12 Warrior II



13 Down Dog

14 Wide Child's Pose

15 Knees to Chest

16 Savasana

