

Twisted YOGA ROUTINE

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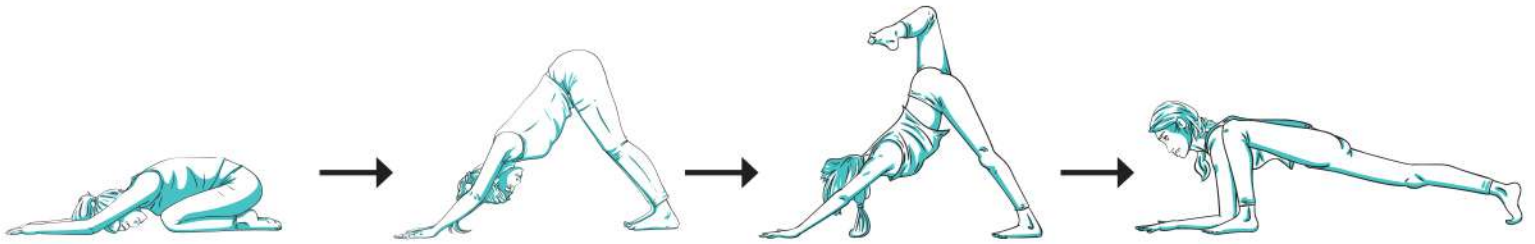
Hold each pose for 3-5 breaths. Repeat steps 1-8 on the other side before moving to step 9.

1 Child's Pose

2 Down Dog

3 Three Legged Dog w/ Hip Opener

4 Lizard

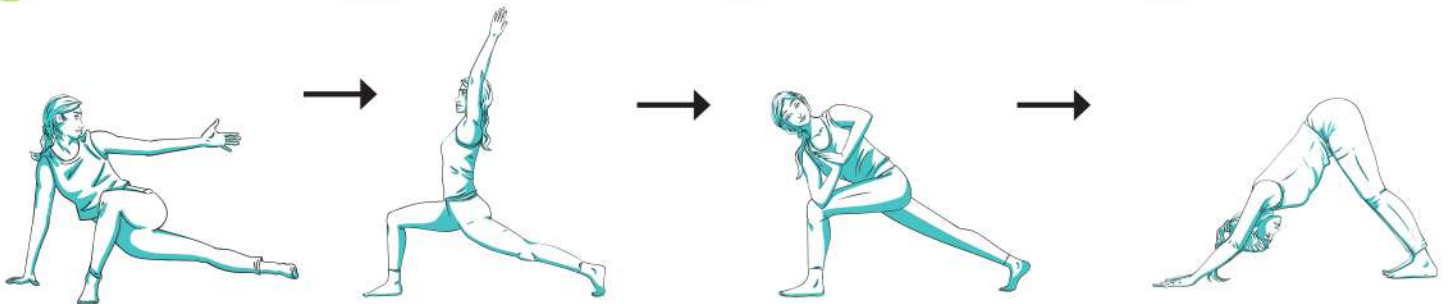


5 Horizon Lunge

6 High Lunge

7 High Lunge Twist

8 Down Dog



9 Child's Pose

10 Knees to Chest

11 Reclined Twist

12 Savasana

