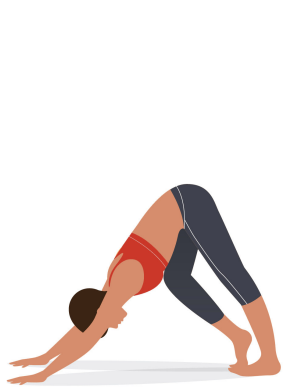




Yoga Practices New Beginning Routine



YOGA FOR
NEW
BEGIN
NING



*Downward-Facing Dog
with Hamstring Stretch*



Exalted Crescent Lunge



Triangle



Wide Legged Forward Bend V



Side Lunge



Seated Forward Bend



Bound Angle