



change IN seconds
MOTIVATION TO LOSE WEIGHT

Yoga Morning Routine



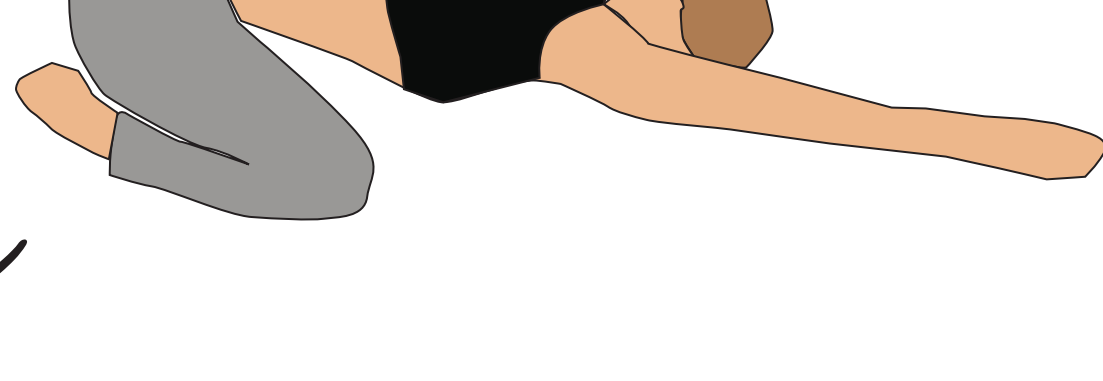
Hold
30 to 60
Seconds

Child Pose



Hold
30 to 60
Seconds

*Wide Leg
Child Pose*



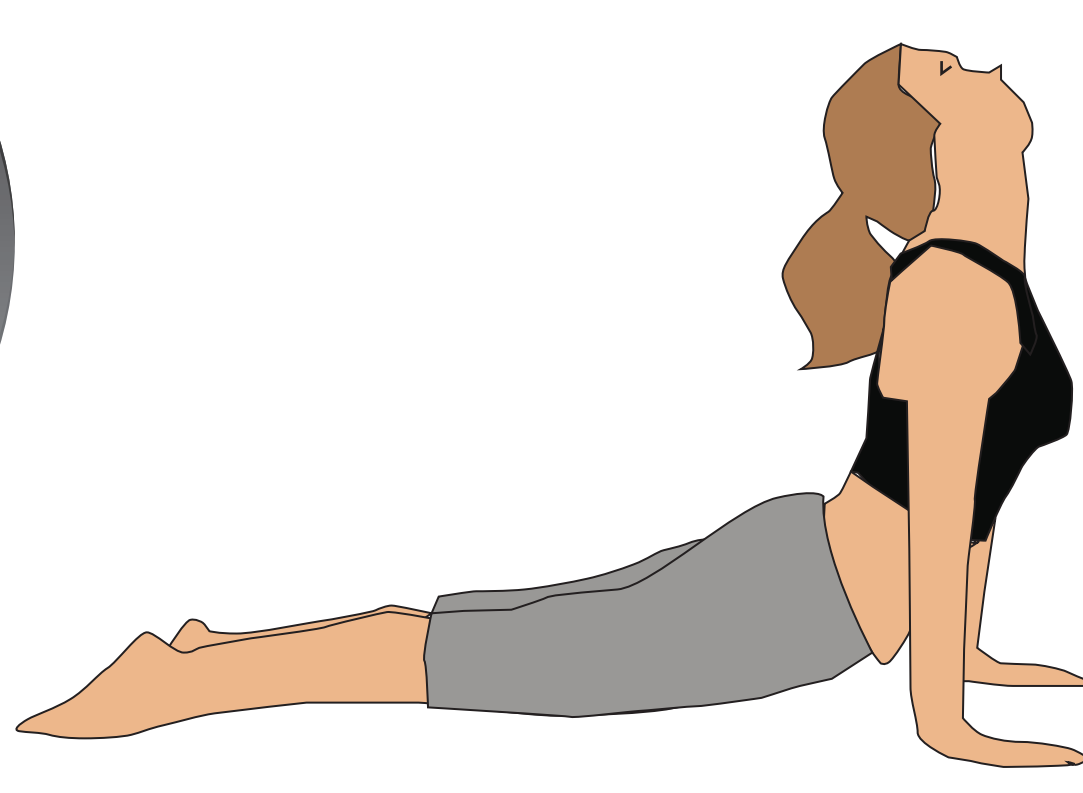
Hold
30 to 60
Seconds

*Downward
Dog*



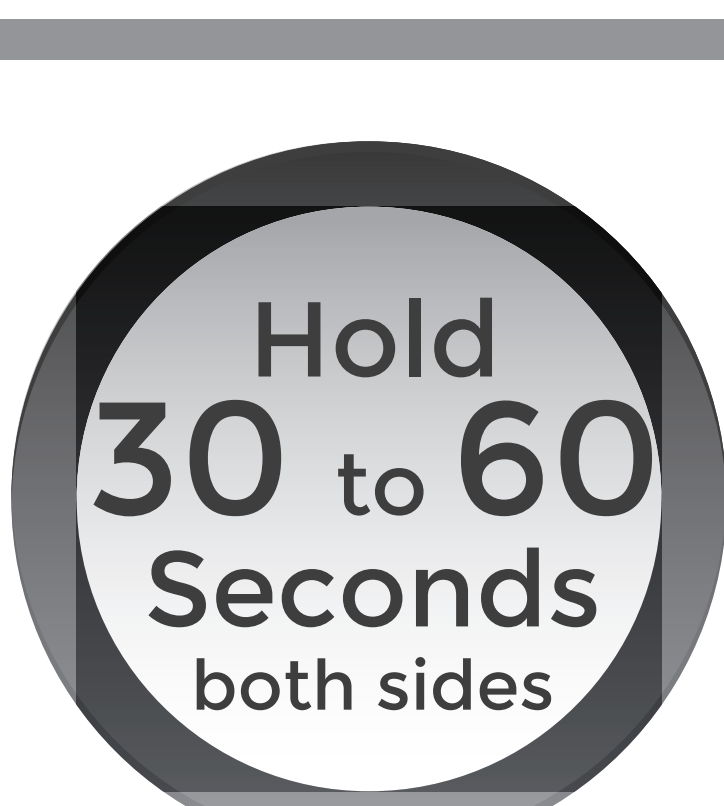
Hold
30 to 60
Seconds

*Upward
Dog*



Hold
30 to 60
Seconds
both sides

Low Lunge



Hold
30 to 60
Seconds
both sides

Lunge Twist



Hold
30 to 60
Seconds

*Chest To
Thigh*



Hold
Up to 60
Seconds

Lotus Pose



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