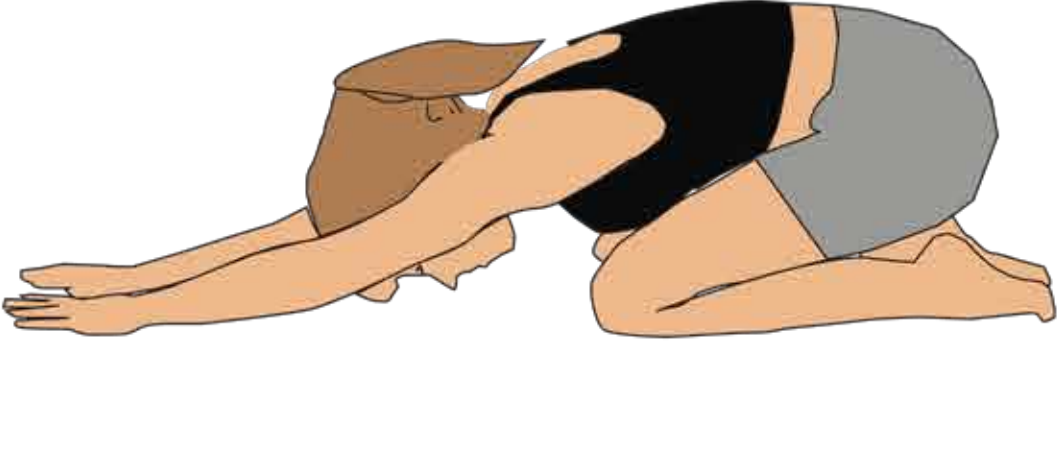




change **IN** seconds

Yoga Morning Routine

Hold
30 to 60
Seconds



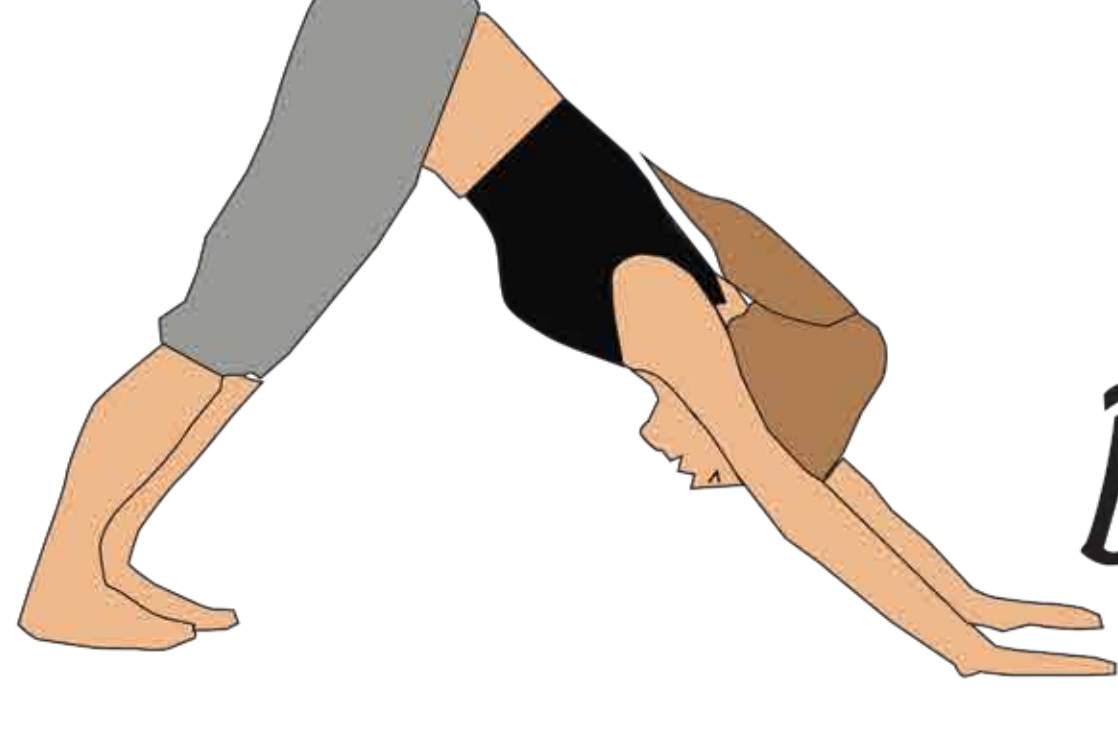
Child Pose

Hold
30 to 60
Seconds



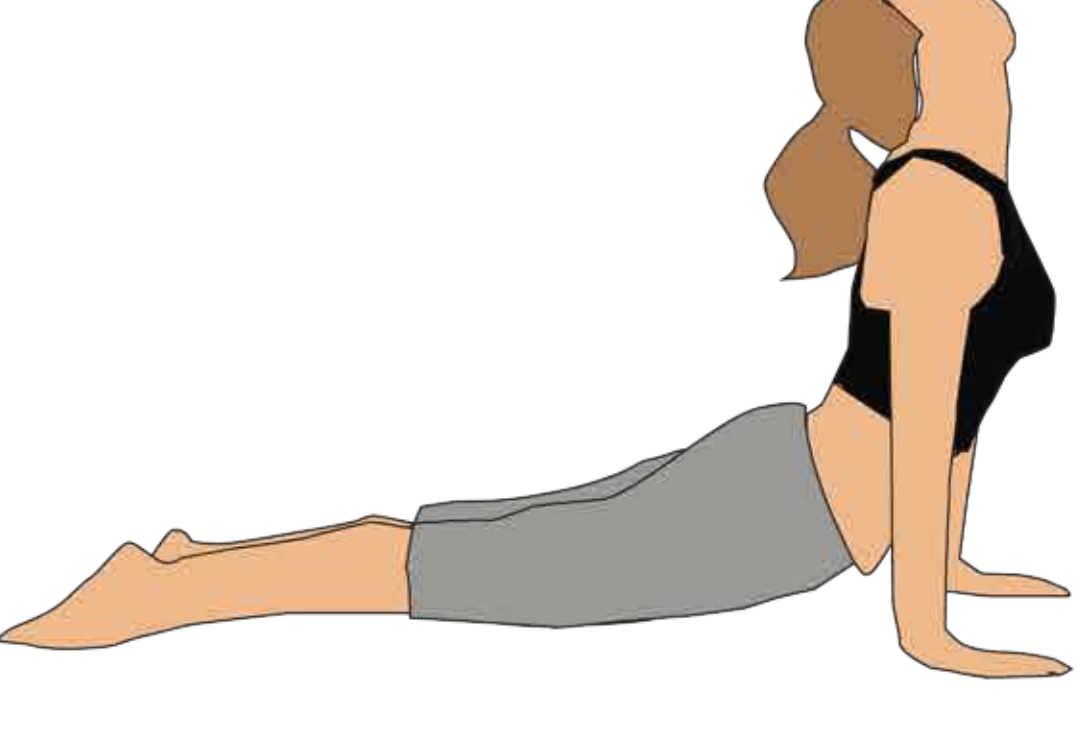
Wide Leg Child Pose

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

change **IN** seconds

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