



1. HIGH PLANK TO CHATURANGA



2. SIDE PLANK



3. DOWNWARD FACING DOG

PUSH YOUR PRACTICE

EIGHT ANGLE POSE / ASTAVAKRASANA

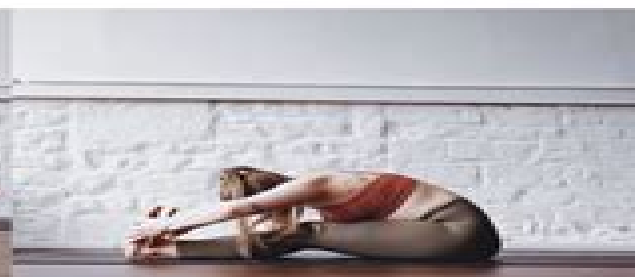
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4. HIGH PLANK



5. Lolasana PREP W. SINGLE LEG LIFTS



6. FORWARD FOLD



7. ROCK THE BABY



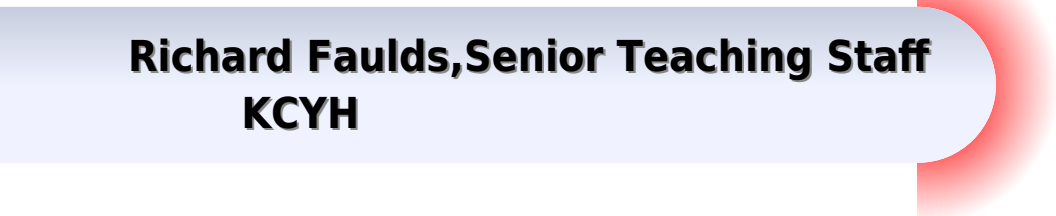
8. ELEPHANT TRUNK



9. EIGHT ANGLE

Tutorial Yoga Practice

**Richard Faulds, Senior Teaching Staff
KCYH**



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