



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



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8. ELEPHANT TRUNK



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Tutorial Yoga Practice

Yan Bai



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