



1. HIGH PLANK



2. HIGH PLANK KNEE
TO ELBOW TAPS



3. LOW LUNGE

PUSH YOUR PRACTICE

CROW POSE / BAKASANA

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4. HIGH PLANK



5. HIGH PLANK KNEE
HOVER



6. FORWARD FOLD



7. LOW CHAIR
(BLOCK OPTIONAL)



8. CROW PREP
(BLOCK OPTIONAL)



9. CROW

Yoga Practice Tutorial

Robert R. Redfield



Yoga Practice Tutorial:

Yoga Practice Tutorial Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Yoga Practice Tutorial**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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