



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)



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(BLOCK OPTIONAL)



9. CROW

Yoga Practice Tutorial

A Gutmann



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