

 HIGH PLANK TO CHATURANGA



2. SIDE PLANK



 DOWNWARD FACING DOG

PUSH YOUR PRACTICE EIGHT ANGLE POSE / ASTAVAKRASANA

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4. HIGH PLANK



LOLASANA PREP W. SINGLE LEG LIFTS



6. FORWARD FOLD



7. ROCK THE BABY



8. ELEPHANT TRUNK



9. EIGHT ANGLE

Tutorial Yoga Practice

Xiaolong Qi



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