



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

**Guillaume Favre**

A red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located to the right of the author's name.

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