



# YOGA DOWNLOAD

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Q1 YOGA #3 • 45 MINS • ADVANCED INTERMEDIATE

- Beginner level
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- Repeat series
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Seated Meditation



Down Dog



Plank



Down Dog



Leg High



Bend Pose



Inner-circles (step 1)



Inner-circles (step 2)



Knee to Nose



Leg High



Down Dog



Plank



Cobra



Plank



Down Dog



Forward Fold



Half Moon Lift



Forward Fold

# Advanced Yoga Guide

**David Abram, Devdan Sen, Nick  
Edwards**

## **Advanced Yoga Guide:**

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