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QIYOGA #3 - 45 MINS - ADVANCED INTERMEDIATE

-  Begin series
-  End series
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-  Repeat pose on opposite leg/side



Seated Meditation



Down Dog



Plank



Down Dog



Leg High



Bend knee

3



Knee circles (step 1)



Knee circles (step 2)



Knee to nose



Leg High



Down Dog



Plank



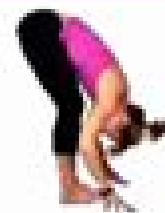
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Down Dog



Forward Fold



Halfway Lift



Forward Fold



# Advanced Yoga Guide

**Sabine Zange**



## **Advanced Yoga Guide:**

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