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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



Cobra



Plank



Down Dog



Forward Fold



Halfway Lift



Forward Fold



# Advanced Yoga Guide

**Robin Dr. Monro, R. Nagarathna, H. R.  
Nagendra**

## **Advanced Yoga Guide:**

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