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QIYOGA #3 - 45 MINS - ADVANCED/INTERMEDIATE

-  Begin 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



Cobra



Plank



Down Dog



Forward Fold



Halfway Lift



Forward Fold



Advanced Yoga Guide

CO Houle



Advanced Yoga Guide:

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