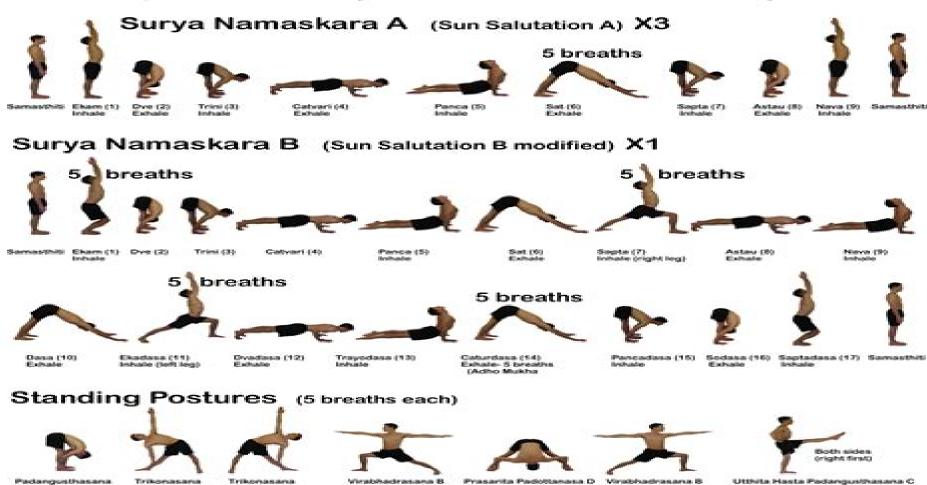
Begin standing at the front of your yoga mat, feet close, arms by side, palms face in Keep the face relaxed and with awareness to the abdomen breath through the nose Think of this practice as a moving meditation, use the breath to anchor you to "now"



Seated Postures (5 breaths each)

Finishing Postures (5 breaths)



(florrespired being))



(britample).





Comparation 5.



(forward bend wide feet) (left side)





(Extended toe posture)



Oandasana Paschimottanasana (Staff posture) (forward bend) Marichyesena C (twisting posture)

(North sidder):

Navasana (bost posture) Urdhva Ohanurasana (upside down bow)

Paschimottanasana (easy forward bend)

Padmasana (sitting) Savasana (relaxation)

6 Guide Yoga Guide

Chao Zhang

6 Guide Yoga Guide:

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