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Seated Spinal Twist (Ardha Matsyendrasana)

Vamaste

Supine Spinal Twist (Supta Matsyendrasana)

**Simple Chair Twist** 

Revolved Triangle Pose (Parivrtta Trikonasana)

Revolved Side Angle Pose (Parivrtta Parsvakonasana)

Revolved Half Moon Pose (Parivrtta Ardha Chandrasana)

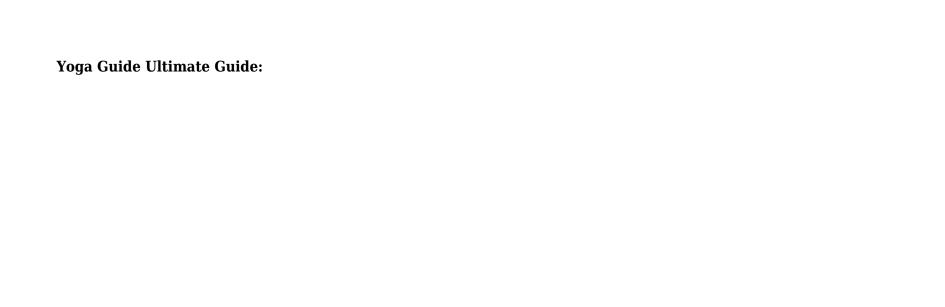
Eka Pada Koundinyasana (Pose Dedicated to Sage Koundinya I)

Revolved Hand-to-Big-Toe Pose (Parivrtta Hasta Padangusthasana)

> Revolved Bound Side Angle Pose (Baddha Parivrtta Parsvakonasana)

# **Yoga Guide Ultimate Guide**

**Ryan Glidden** 



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