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QIYOGA #3 - 45 MINS - ADVANCED/INTERMEDIATE

-  Begin series
-  End series
-  Repeat series
-  Repeat series on other leg/side
-  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



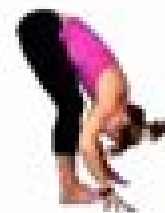
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Plank



Down Dog



Forward Fold



Halfway Lift



Forward Fold



Advanced Yoga Guide

Nico Catalano



Advanced Yoga Guide:

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Mysticism and Alchemy through the Ages Gary Edson,2012-09-18 An in depth look into the foundations of mysticism and alchemy this book describes both physical and spiritual aspects of the various theories and practices of transformation with attention to the beliefs of Buddhism Christianity Hinduism Islam Judaism Sufism Tantrism Taoism and Yoga The connection between early mystical

pursuits and the development of alchemy from ancient China India and Egypt through Moorish Spain and into Latin Europe are illuminated along with the activities of early alchemists The book which is heavily illustrated describes the beliefs experiments and secret messages that drew the believers and dreamers of the world together in search of wealth and immortality **Yoga Journal** ,2004 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *The Power of Ashtanga Yoga II* Kino MacGregor,2017-09-26 Elevate your yoga fitness with his essential guidebook to intermediate level Ashtanga Yoga ideal for yoga teachers and experienced yogis In her first book Kino MacGregor introduced readers to Ashtanga Yoga a popular and athletic type of yoga developed by her mentor Sri K Pattabhi Jois Now she returns with this informative follow up to present and explain the Second or Intermediate Series to practitioners who wish to take their practice to the next level MacGregor provides step by step instructions and covers the key aspects of the practice including The basics of Ashtanga Yoga philosophy Essential background information on the Intermediate Series How to know when you are ready to take on this next stage of practice The purification aspects of the practice The pranayama techniques associated with the practice And more With over 250 photographs this solid and engaging entr e into intermediate level practice is a wonderful resource for both practitioners and teachers

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