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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

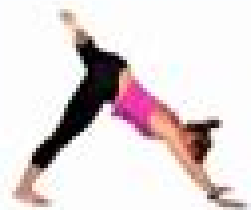


Leg High



Bend knee

3



Knee circles (step 1)



Knee circles (step 2)



Knee to nose



Leg High



Down Dog



Plank



Cobra



Plank



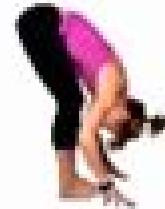
Down Dog



Forward Fold



Halfway Lift



Forward Fold



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Pranayama: A Beginner's Guide to Breath Control in Yoga Theo Lalvani, 2021-08-15 Yoga breathing exercises have the ability to quickly increase our energy release stress improve our mental clarity and improve our physical health Mastering yoga is a direct path to priceless mental health prospects However breathing through yoga is the ignition key that enables you to be a Master of Yoga You will be able to master more than just having a stable mental relationship with yourself and further your self confidence Controlled breathing puts yoga in the same category as life If we cannot breathe we cannot live and if we cannot control our breath we cannot do yoga Before making the peaceful bow or Namaste gesture at the end of a yoga exercise we first need to master the breathing patterns Therefore it s time to position our yoga mats on the floor and learn something from this breathtaking yoga experience Mastering Facebook and Google Ads: A Basic to Advance Guide for Digital Marketers Himanshu Gupta, 2025-09-28 Mastering Facebook and Google Ads A Basic to Advance Guide for Digital Marketers by Himanshu Gupta is a complete roadmap for anyone who wants to excel in digital advertising This book takes readers from the fundamentals of Meta Facebook Instagram Ads and Google Ads to advanced strategies for scaling campaigns and maximizing ROI Written by Himanshu Gupta a certified digital marketing expert and educator with years of industry experience the book blends practical strategies case studies and real world insights It covers everything from audience targeting campaign setup and content strategy to advanced funnel marketing and optimization techniques Whether you are a beginner looking to learn digital ads or a professional aiming to refine your skills this book is designed to help you master advertising on the two most powerful platforms in the digital world **Advanced Yoga Practices Support Forum Posts of Yogani, 2005-2010** Yogani, 2011-01-10 A large eBook containing all AYP Support Forum posts by Yogani over a six year period About 2 000 posts are included providing extensive commentary on spiritual practices and experiences in Q A mode supplementing the AYP instruction books Links to all posts forum topics and referenced sources are included

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