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



Seated Meditation



Down Dog



Plank



Down Dog



Leg High



Bend Knee



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

Nico Catalano



Advanced Yoga Guide:

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