



YOGARENEW

online yoga teacher training

10 min morning yoga

MORNING YOGA SEQUENCE



Child's Pose



Cat/Cow



Downward Facing Dog



Crescent Lunge



Warrior Two



Extended Side Angle



Half Moon



Bridge Pose



Supine Spinal Twists



Happy Baby



Legs Up The Wall

10 Minute Yoga

RJ Shavelson



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