



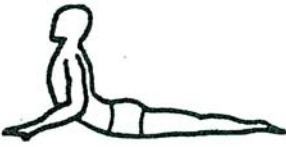
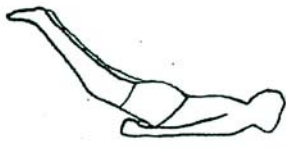







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# YOGA FOR BEGINNERS

	<b>1. Relaxation</b>	<b>2. Eye exercises</b>	
	<b>3. Neck rolls</b>	<b>4. Sun Salutation</b>	
	<b>5. Leg lifts</b>		
	<b>6. Shoulder Stand (2 minutes)</b>	<b>7. Plough (1 minute)</b>	
	<b>8. Bridge</b>		
	<b>9. Fish (1 minute)</b>	<b>10. Forward bends (1 minute)</b>	
	<b>11. Inclined Plane (30 seconds)</b>	<b>12. Cobra (2 x 30 seconds)</b>	
	<b>13. Locust</b>	<b>14. Bow (3 x 15 seconds)</b>	
	<b>15. Spinal twist (30 seconds each side)</b>	<b>16. Crow or Peacock</b>	
	<b>17. Standing head to knee (3 x 15 seconds)</b>	<b>18. Triangle (15 seconds each side)</b>	
		<b>19. Final relaxation (10 minutes or more)</b>	