



YOGA HALF WHEEL

Workout Guide



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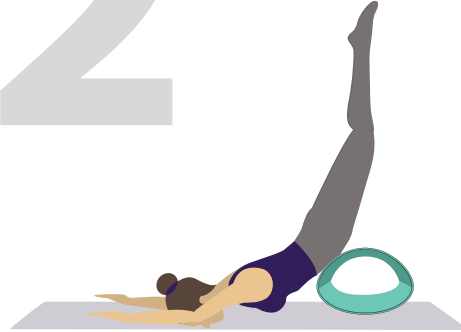
1

Open Shoulders



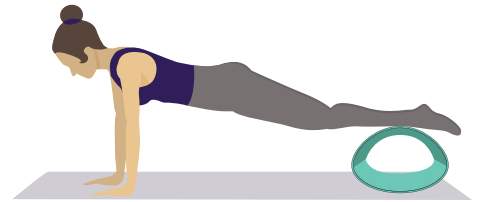
2

Open Shoulders Extended



3

Build Core Strength



4

Hips, Groin & Thighs



5

Open Hips & Side Body



6

Crescent Pose



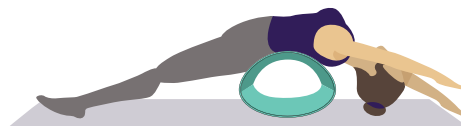
7

Calf & Hamstrings



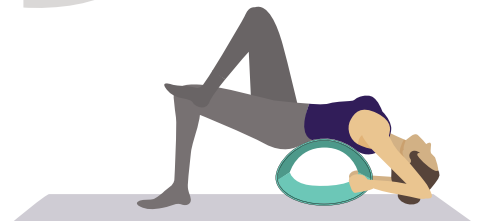
8

Chest, Back & Spine Extensions



9

Chest, Back & Arms



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