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Live Life In Balance



HOW TO DO THE MOUNTAIN POSE



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Tree Pose



HOW TO DO THE FORWARD FOLD



Parsvakonasana Side Angle Pose



MALASANA POSE



HOW TO DO THE CAT POSE



HOW TO DO THE COW POSE



HOW TO DO THE WIDE SEATED FORWARD BEND



Seated Spinal Twist

In this posture, moving with breath is very important. Turn as far as is comfortable, and if you can't put your arm over your knee, use your hand instead. You'll do this to both the left and right.



THE HARDEST YOGA POSE



*Alternate Channel Breathing
Nadi Shodhana*



Mountain Pose
Tadasana



Alternate Channel Breathing
Nadi Shodhana



Vata Balancing Sequence

