

yoga **flow**

DAREBEE WORKOUT
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Hold each pose
for 20 seconds.



reach



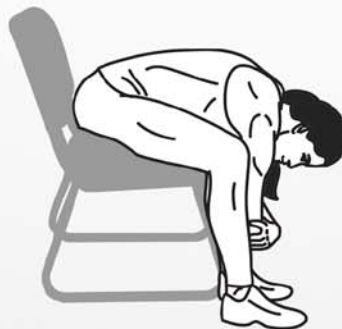
shoulders back



knee bend to cobra



twist



forward bend



straight back