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2. SIDE PLANK



3. DOWNWARD FACING DOG

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5. LOLASANA PREP W. SINGLE LEG LIFTS



6. FORWARD FOLD



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RD Boyd



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of syllabus for Yoga Certification Boards exams for Level 1 2 and 3 The book has also tried to explain its related aspects Diet Ayurveda Teachings etc and the benefits by which we will not only calm our mind but will be able to control its behavior

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