

# 20 minute

# Full Body Yoga Workout

Grab a yoga mat & get ready to get long and lean! This workout helps build muscle strength and increase flexibility. Our yoga routine will also help to reduce your stress levels.

Hold each move for 40 seconds & take a 20 second break in between. Switch sides if noted. Tone your entire body by doing this at least 3 times per week.

1

Forward Bend



2

Chair Pose



3

Downward Facing Dog



4

Dolphin Pose



5

One Leg Downward Facing Dog (L)



6

One Leg Downward Facing Dog (R)



7

Camel Pose



8

Cobra Pose



9

Upward Facing Dog



10

Forearm Plank



11

Side Forearm Plank (L)



12

Side Forearm Plank (R)



13

Bridge Pose



14

Warrior I



15

Warrior II



16

Warrior III



17

Triangle Pose



18

Tabletop



19

Child's Pose



20

Corpse Pose



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Consult your physician before starting any diet or exercise program. Modify the exercises as needed to suit your individual level.

# 20 Minute Yoga Workouts

**Sabine Zange**



## **20 Minute Yoga Workouts:**

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