

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

Juliana Baldec

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

20 Minute Yoga Workouts:

20-minute Yoga Workouts Alice Christensen, American Yoga Association, 1995 Would you like to have a shapelier stronger more flexible body More energy Better concentration Less stress Inner poise and contentment Those goals are within the reach of everyone who will take a few minutes a day to practice the simple but powerful exercises in this book 20 Minute Yoga Workouts enables everyone from the busiest executive to the elderly to enjoy the rewards of a Yoga practice This easy to understand book clearly illustrated with photographs will teach you how to do Powerful Yoga breathing exercises Gentle Yoga warm ups Classic Yoga asans Deep relaxation and meditation In addition to the basic 20 minute workout there are also special workouts For women during PMS pregnancy menstruation and menopause For people in weight loss programs and athletes For office and travel For seniors and those convalescing For people with physical ailments such as back and neck problems high blood pressure and heart disease chronic fatigue syndrome asthma and substance abuse problems *Yoga Journal* ,2001-11 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Flat Belly Yoga!** Kimberly Fowler, Editors of Prevention, 2013-09-17 The Flat Belly Diet series has inspired over 1 million readers to change the way they think about food and banish belly fat for good Now the latest installment in the series Flat Belly Yoga shows readers how to fire up their fat burning engines even further with a unique combination of yoga weight training and cardio that s fun easy and effective An innovative weight loss plan featuring an all new yoga plus weights routine Flat Belly Yoga blasts belly fat tones abdominal muscles and speeds weight loss Including a Four Day Jump Start and a Four Week Workout designed to boost metabolism and build muscle the book features tips on how to maximize weight loss advice on how to avoid common injuries and testimonials from people who have participated in the program Whether in conjunction with the Flat Belly Diet meal plan which is included for easy reference or on its own following the Flat Belly Yoga workout will trim tummies fast and take the work out of the workout *Yoga Journal* ,2001-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Yoga Journal* ,1999-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Yoga Journal* ,2001-12 For more than 30 years Yoga Journal has been

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