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Visual Level; Adho Mukha Svanasana: Downward

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Rolls: Do In Forward, Then Backward Directions Raise

Up 10 Squeeze Together In Front Let Drop Squeeze

Together I 4th, 2024Yoga Postures Step By Step -

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Instructions: Sit In Any Comfortable Cross-legged

Position. 1. Straighten The Legs Out In Front. Bend The

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