

Spine Twist





**End series** 



Repeat series

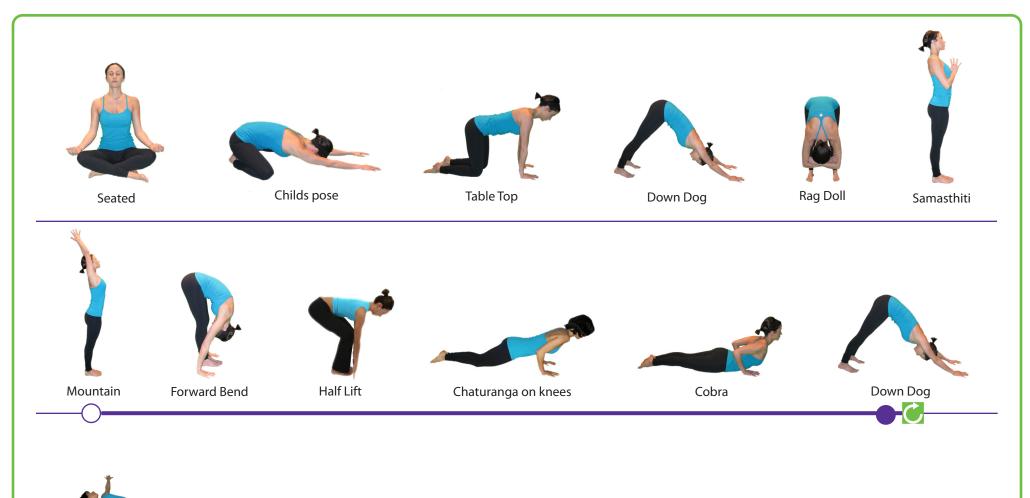


Repeat Series on other leg/side



Repeat pose on opposite leg/side

Beginner Yoga - 20 mins - Level 1



Savassana