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Chris@yogalacrosse.com www.yogalacrosse.com 10.Pascimottanasana 11. Chatuspadasana / Setu Bandha (With Block Under Sacrum) 12.Sukhasana With Twist (Simple Cross Legs, Twist, Change Cross, And Repeat On Other Side.) 13. Savasana Jan 7th, 2024.

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