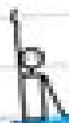


# EASY MORNING FLOW



INHALE  
Bend to  
LEFT

COME ON  
TABLE TOP  
POSTURE

INHALE  
Look up in  
COW

EXHALE  
Round your  
back in CAT

(2) 2-10 breaths



EXHALE



INHALE  
Come back  
to TABLE TOP

EXHALE  
LIFT the  
HEAVY DOG (3x)

INHALE  
STEP FOOT  
FORWARD

INHALE  
Twist, right  
ARM to the LEFT (3x)

(2) after 10x



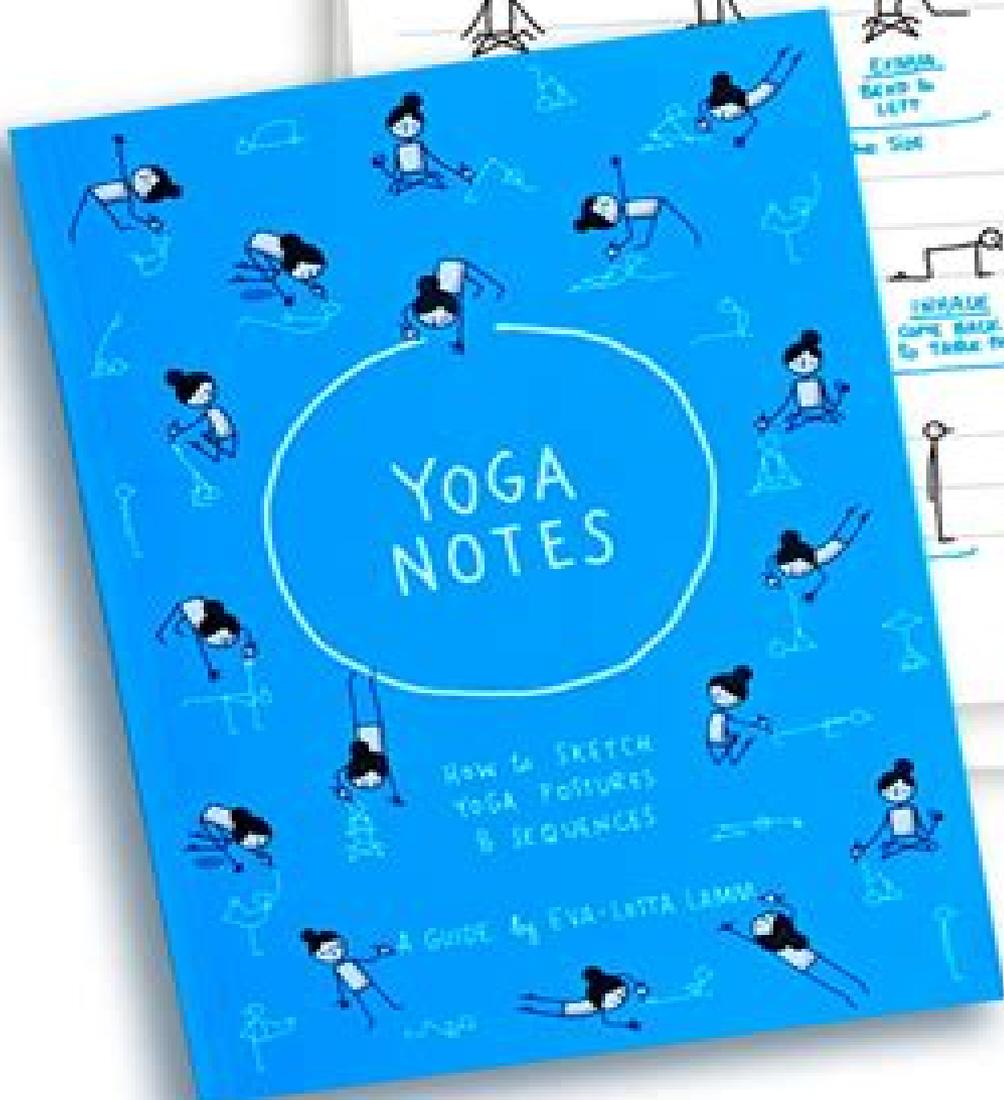
EXHALE

INHALE  
Squeeze the  
ARMS UP

EXHALE  
Bend to  
the LEFT (3x)

STAND IN  
TAKASANA,  
EYES CLOSED  
HEAVEN.

(2) after 10x



# A Simple Guide To Yoganotes

**Joacim Rocklöv**



## **A Simple Guide To Yoganotes:**

## **A Simple Guide To Yoganotes** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such is the essence of the book **A Simple Guide To Yoganotes**, a literary masterpiece that delves deep into the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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