**Sequence Title**

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|  | **Pose** | **3D model address** | **Comments** |
|  |  | <https://www.lily-yoga.com/adho-mukha-svanasana-color-3d-models/>  | * Press your hands firmly into the floor
* With an exhalation, push your thighs back and stretch your heels onto or down toward the floor
* Lengthen both sides of the trunk

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