

# 15

# Yoga

# Poses

*for beginners*



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# Yoga For Beginners In The Us

**Sid Kirchheimer, Gale Malesky**



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helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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