

How to Learn Yoga Poses

13 Tips for Beginners



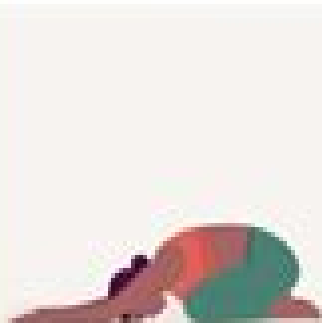
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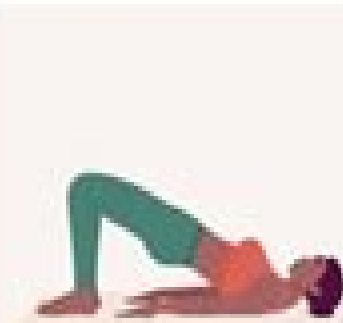
Cobra Pose



Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



Seated Forward Fold



Tree Pose



Mountain Pose

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David J. WEINER



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