

11 POSES FOR BEGINNERS



Mountain Pose



Bridge Pose



Pigeon Pose



Tree Pose



Warrior



Downward Dog



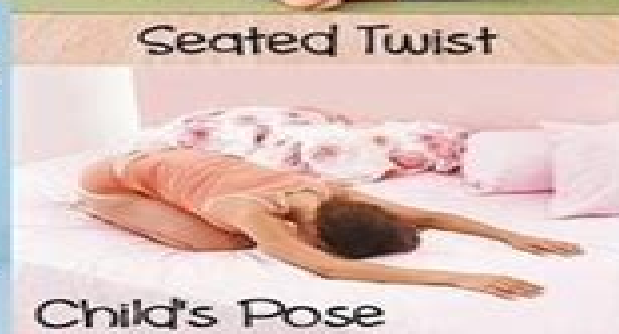
Cobra



Seated Twist



Triangle Pose



Child's Pose



Crow Pose

Yoga For Beginners Ideas Open Now

Jicheng Xie



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