



YOGA POSES

For Beginners



✿ Urdhva mukha svanasana



✿ Bitilasana



✿ Vrikasana



✿ Bhujangasana



✿ Phalakasana



✿ Prasarita padottanasana



✿ Uttanasana



✿ Eka pada rajakapotasana



✿ Virabhadrasana II



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