



TOP 10 YOGA POSES FOR BEGINNERS THAT WILL BOOST YOUR ENERGY



Adho Mukha Savasana



Anjaneyasana



Bitilasana



Utkatasana



Virasana



Ustrasana



Balasana



Salabhasana



Kumbhakasana



Virabhadrasana

Yoga For Beginners World Series Compare

Lei Huang



Yoga For Beginners World Series Compare:

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Yoga-vásishtha-mahárámayana of Válmiki Vālmīki,1891 **Catalogue** Calcutta (India). Imperial library,1904 **Poona**
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