# 27 YOGA POSES FOR FLEXIBILITY

## Beginner-friendly





Half Lord Of The Fishes

Seated Eagle Pose

Cobbler's Pose

Hero Pose

Cow Face Stretch



Seated Forward Bend





Kneeling Poses



Cart





Child's Pose





Half Pioeon















Upward-Facing Dog



Revenue Table Pose



Arm & Leg Support





Standing Wide-Legged





Standing



Standing Forward Bend



Pyramida

Forward Bend





Poses



Garland Pose

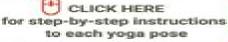


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## **Stem Kits Yoga For Beginners Compare**

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