

27 YOGA POSES FOR FLEXIBILITY

Beginner-friendly

Sitting Poses

Easy Pose
W/Side-Body Stretch



Seated Eagle Pose



Cobbler's Pose



Hero Pose



Cow Face Stretch



Half Lord Of The Fishes



Seated Forward Bend



Kneeling Poses

Cow



Cat



Thread The Needle



Camel



Child's Pose



Half Pigeon



Arm & Leg Support

Downward-Facing Dog



Three Legged Dog



Upward-Facing Dog



Reverse Table Pose



Bridge



Standing Forward Bend



Pyramid



Standing Wide-Legged Forward Bend



Warrior II



Low Lunge



Standing Poses

High Lunge



Garland Pose



Side Lunge



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S Ben Porath



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