



YOGA POSES

For Beginners



✿ Urdhva mukha svanasana



✿ Bitilasana



✿ Vrikasana



✿ Bhujangasana



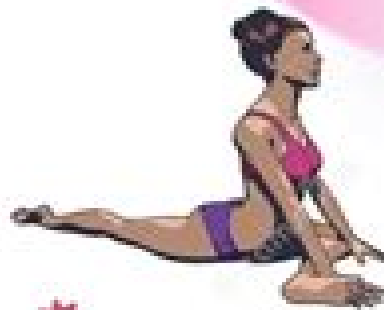
✿ Phalakasana



✿ Prasarita padottanasana



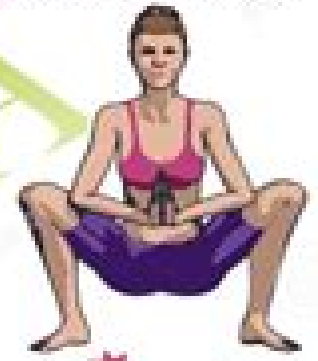
✿ Uttanasana



✿ Eka pada rajakapotasana



✿ Virabhadrasana II



✿ Malasana



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Albert A Gayle



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