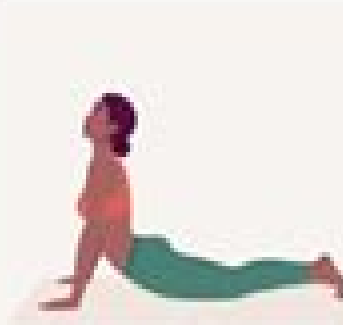


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13 Tips for Beginners



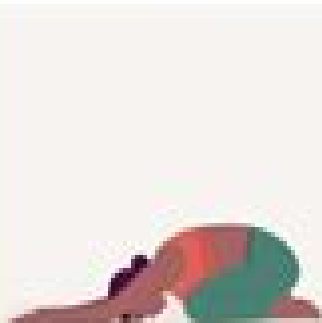
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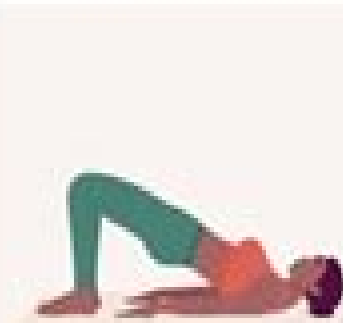
Cat-Cow Pose



Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



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