

24 YOGA POSES *for* Beginners



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SEATED
FORWARD BEND



STANDING
FORWARD BEND



STANDING
FORWARD FOLD



UPWARD BOW



EXTENDED
SIDE ANGLE



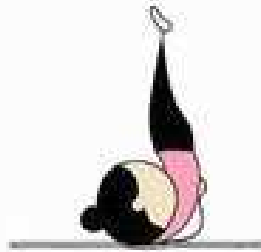
TREE I



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SHOULDER
STAND



WARRIOR I



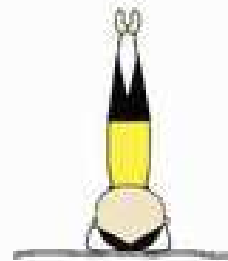
WARRIOR II



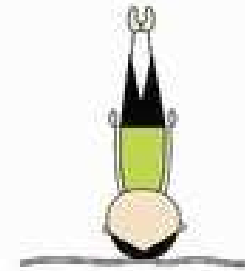
EXTENDED
HAND TO TOE



HEADSTAND
SUPPORTED



HEADSTAND



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CHATURANGA



COBRA



DOWNWARD
FACING DOG



CAT



COW



LOCUST



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