

# How to Learn Yoga Poses

## 13 Tips for Beginners



Extended Triangle Pose



Cobra Pose



Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



Seated Forward Bend



Tree Pose



Mountain Pose

# Yoga For Beginners How To Setup

**S Ben Porath**



## **Yoga For Beginners How To Setup:**

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