

14

# OF THE BEST YOGA POSES FOR BEGINNERS



Mountain Pose



Downward Facing Dog



Plank Pose



Cobra



Cat-Cow Pose



Staff Pose



Supported Bridge Pose



Seated Twist



Happy Baby Pose



Cobbler's Pose



Child's Pose



High Lunge



Supine Pigeon Pose



Triangle Pose

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# Yoga For Beginners Weekly Ad Today

**Michael Rajnik**



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