

12 Easy Poses for Yoga Beginners



1. Chair Pose



2. Warrior 2



3. Extended Side Angle



4. Goddess Pose



5. Tree Pose



6. High Lunge



7. Side Forward Fold



8. Wide-Legged Fold



9. Triangle Pose



10. Half Moon Pose



11. Wide-Legged Dog



12. Supine Pigeon Pose

Yoga For Beginners Today Setup

M Lipman



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