



← Poses 🔍 🗖 42

← Details

Chair

Utkatasana

Category: Standing / Balancing
 Difficulty: Beginner

Description:
 From a standing position, the feet are together and rooted into the earth with toes actively lifted. The knees are bent and the weight of the body is on the feet.

Ipad Yoga For Beginners Prices

Anthony S. Fauci



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