

24 YOGA POSES

for Beginners



CHATURANGA



COBRA



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CAT



COW



LOCUST



BOAT



CHAIR



CORPSE



SEATED FORWARD BEND



STANDING FORWARD BEND



STANDING FORWARD FOLD



UPWARD BOW



EXTENDED SIDE ANGLE



TREE I



TREE II



EASY POSE



UPWARD HAND



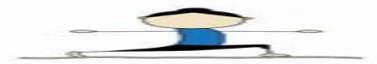
SHOULDER STAND



WARRIOR I



WARRIOR II



EXTENDED HAND TO TOE



HEADSTAND SUPPORTED



HEADSTAND



★ Advanced pose

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