



Tadasana



Trikonasana (Triangle pose)



Parvsvakosana



Parivrtta Parsvakonasana



Virabhadrasana 1
(Warrior Pose)



11



111



Padangusthasana



Uttanasana (Intense Stretch)



Paschimottanasana



Purvottanasana



Spinal Twist



Virasana
(Hero Pose)



Vitrasana
(Camel Pose)



Adho Mujha Svanasana
(Dog Pose)



Sarvangasana
(Shoulder Stand)

Yoga For Beginners Sat Practice Guide

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