



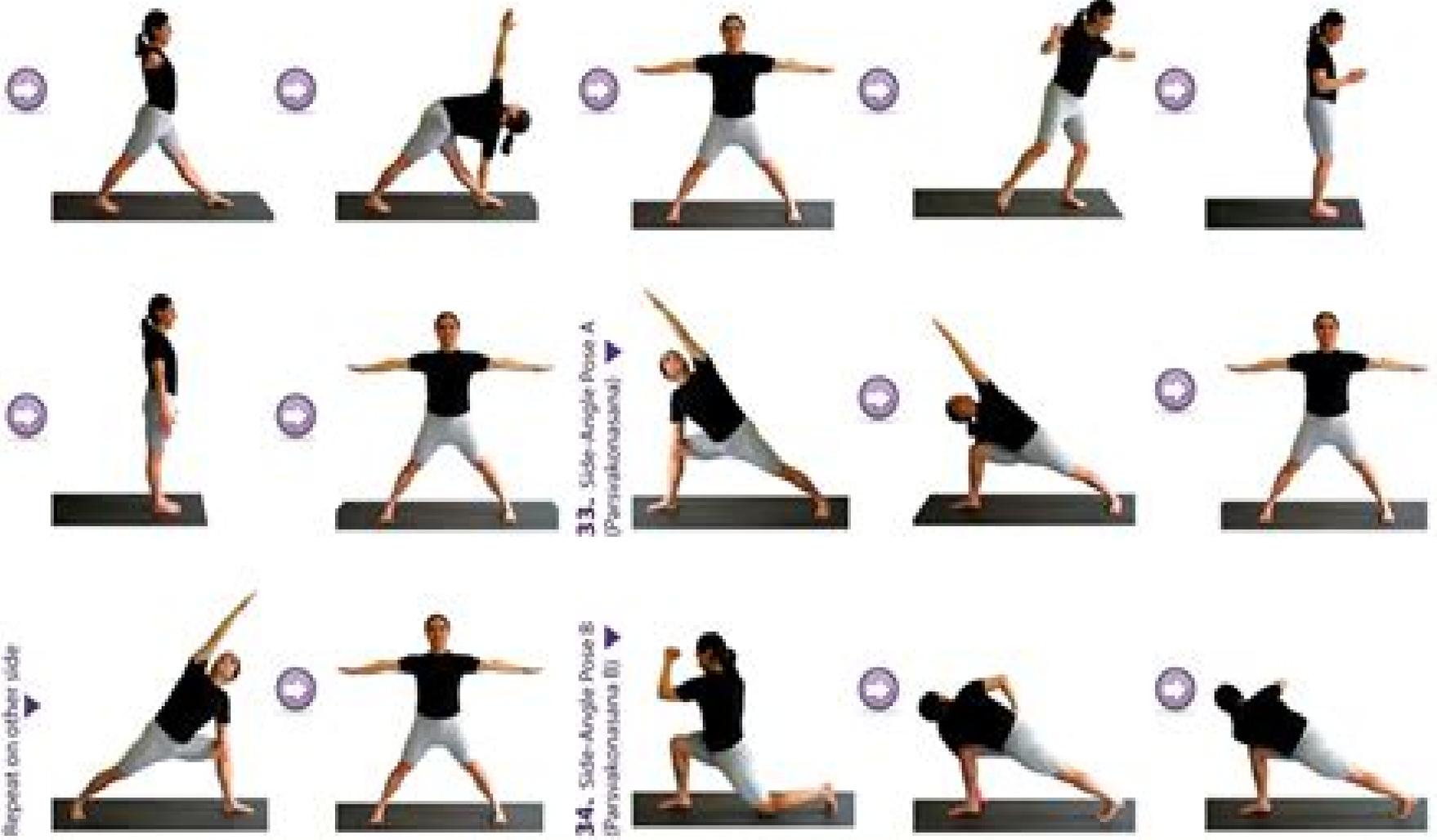
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be who you are!

Teacher : Yuki Nakazawa

Second Introduction to Standing Postures

42 minutes



33. Side-Angle Pose A
(Parivrttanvarjuna) ▼

34. Side-Angle Pose B
(Parivrttanvarjuna B) ▼

Repeat on other side ▼

Yoga For Beginners World Series Compare

R Pring



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