

YOGA POSES FOR BEGINNERS

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Hold each pose 3-5 breaths. Pay attention to the way each pose makes your body feel.

1 Mountain



2 Tree



3 Chair



4 Standing Fold



5 Down Dog



6 Plank



7 Low Lunge



8 High Lunge



9 Warrior I



10 Warrior II



11 Triangle



12 Cobra



13 Locust



14 Cat



15 Cow



16 Easy Seat



17 Seated Twist



18 Hero



19 Child's Pose



20 Corpse



Yoga For Beginners Usa Sign In

Albert A Gayle



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Yoga Philosophy Swami Vivekananda,1896

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