

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



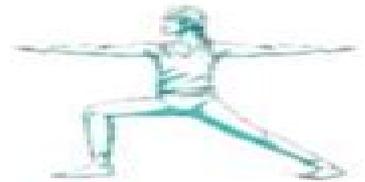
8 High Lunge



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



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YOGI RAMACHARAKA



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GNANI YOGA YOGI RAMACHARAKA,1908 **A Series of Lessons in Gnani Yoga (the Yoga of Wisdom.)** Yogi Ramacharaka,William Walker Atkinson,1907 **O'Leary Series: Microsoft Office 2003 Volume I** Timothy O'Leary,Linda O'Leary,2003-12-11 Aims to give students a basic understanding of computing concepts and to build the skills needed to ensure that information technology is an advantage in whatever career they choose in life The O Leary Office 2004 and Office XP texts are crafted to be a step by step way for students to develop Microsoft Office application skills **The Publishers Weekly** ,1884 **Râja Yoga Messenger** ,1925 Working Woman ,1999 New Woman ,1999 *The Right Moves* Tina Schwager,Michele Schuerger,1998 Explains how girls can achieve total fitness by focusing on three broad areas developing a positive self image choosing nutritious foods and exercising regularly

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