

8

Best Yoga Types for Beginners

- 1. Hatha Yoga**
- 2. Vinyasa Yoga**
- 3. Iyengar Yoga**
- 4. Ashtanga Yoga**
- 5. Bikram Yoga**
- 6. Hot Yoga**
- 7. Kundalini Yoga**
- 8. Yin Yoga**



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