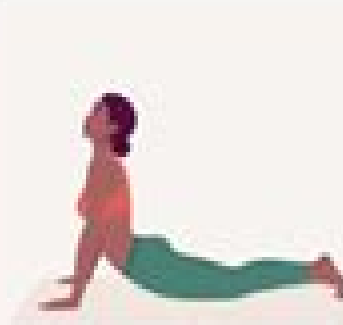


How to Learn Yoga Poses

13 Tips for Beginners



Extended Triangle Pose



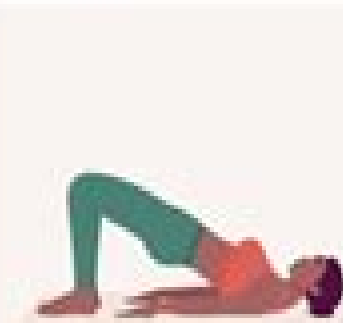
Cobra Pose



Downward Facing Dog



Child's Pose



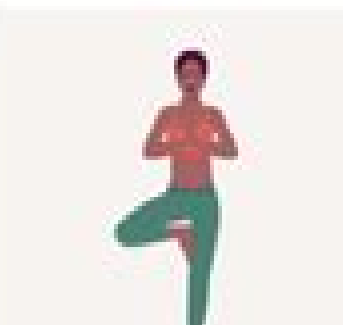
Bridge Pose



Warrior 1 Pose



Seated Forward Fold



Tree Pose



Mountain Pose

Yoga Guide Quick Start

Jenny Chase



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Yoga Stella Weller,2004 *The British National Bibliography* Arthur James Wells,2009 **Bowker's Complete Video Directory** ,2000

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