

# How to Learn Yoga Poses

## 13 Tips for Beginners



# **Yoga Guide Quick Start**

**Jenny Chase**

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web met dit patroon kun je een kussen breien met kabelpatroon dit kussen ziet er prachtig uit in het rood of een andere kleur met de kerst in aantocht is er gekozen voor kersenrood met een andere kleur kun je dit kussen voor elk jaargetijde maken

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web brei gelijktijdig voor kabel b als volgt kruis in de 5de naald twee keer 3 steken achter het werk langs zie uitleg hierboven en brei de laatste 3 steken van de kabel recht brei vervolgens na 4 naalden de eerste keer in de 9de naald 3

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web kabels breien is voor velen een stap te ver vanwege de moeilijkheidsgraad daarom is een gebreid kussen met kabelpatroon een goede opstapper om ermee bekend te raken deze kussensloop brei je met 800 gram garen en is geschikt voor een kussen van iets minder dan 48 bij 48 centimeter

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