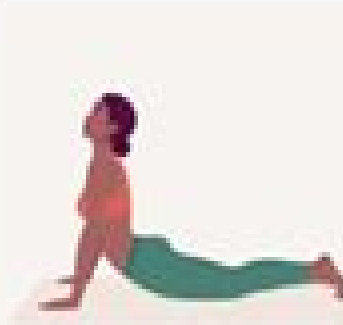


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13 Tips for Beginners



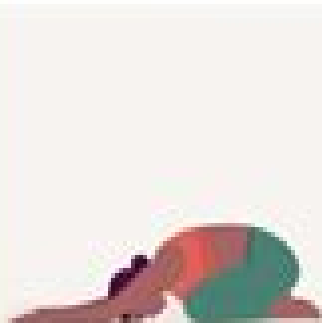
Extended Triangle Pose



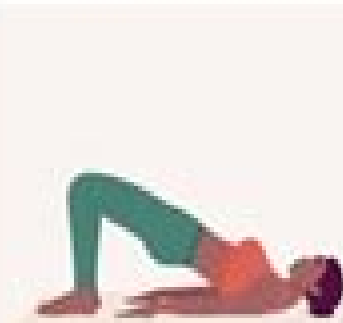
Cat-Cow Pose



Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



Seated Forward Fold



Tree Pose



Mountain Pose

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Arthur James Wells

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