

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

Quick Start Yoga Guide

Rose Army



Quick Start Yoga Guide:

Yoga Gym Nicola Jane Hobbs, 2015-12-17 *Yoga Gym* gives you the training nutrition and motivational tools to sculpt a strong body and build a strong mind This effective 28 day yoga training plan will get you strong and supple build strength improve mobility and burn fat Blends together traditional yoga poses with dynamic bodyweight strength training techniques Designed for both men and women of all fitness levels An effective easy to follow do anywhere workout Contains guidance on diet and information about yoga philosophy Whether you re a yoga fanatic regular exerciser or complete novice *Yoga Gym* is a totally new way to work out Choose from over 150 poses and exercises or follow the 28 day plan

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