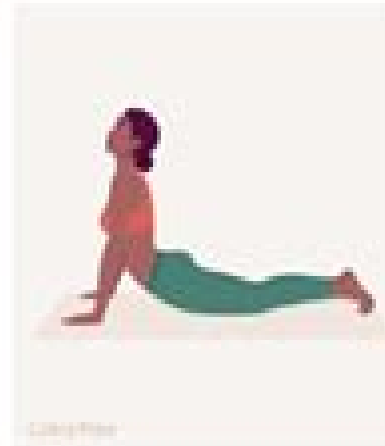


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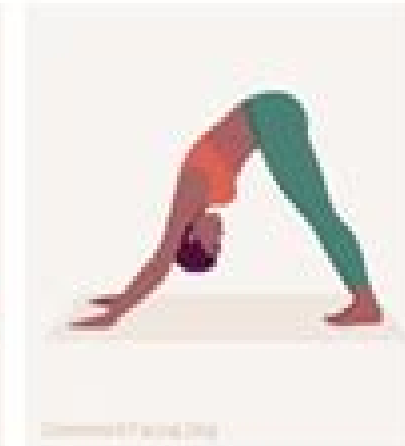
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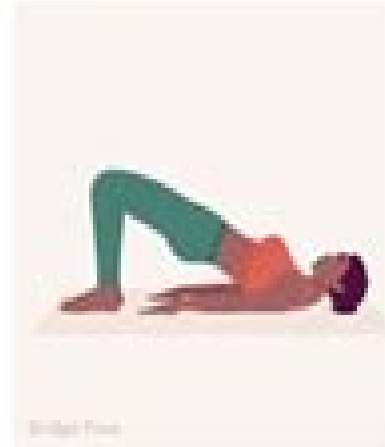
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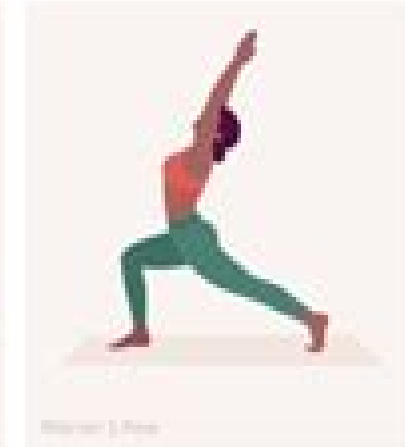
Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



Seated Forward Bend



Tree Pose



Mountain Pose

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been ordered from easiest to the hardest The poses have also been divided in different categories according to their focus These include Warm up Neck Arms wrists shoulders Chest Hips Back Legs and Whole body Each pose includes An image The focus of the pose The physical indications and contraindications The time to hold the pose The Sanskrit name and The level aimed beginner intermediate or advanced

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