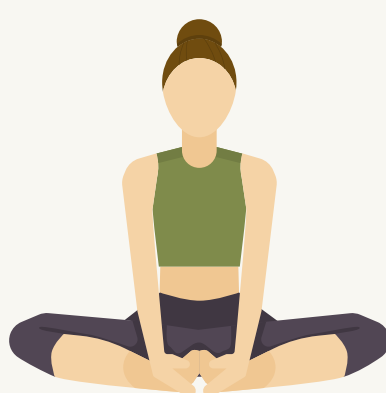


Yoga Poses For Beginners

Let's learn slowly and steadily about yoga poses that are easy for you who just started. Here are some yoga poses that you could do easily.



Lotus
(Padmasana)



Cobbler's Pose
(Baddha Konasana)



Hero
(Virasana)



Upward Bow
(Urdhva Dhanurasana)



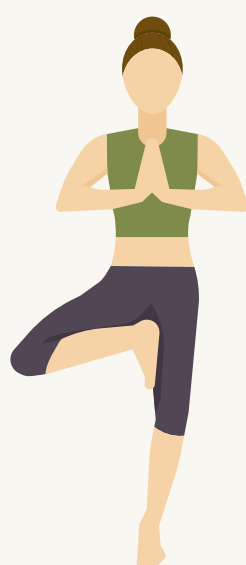
Triangle
(Trikonasana)



Happy Baby
(Ananda Balasana)



Half Lord of The Fishes
(Ardha Matsyendrasana)



Tree
(Vrikshasana)



Warrior I
(Virabhadrasana I)



Cobra
(Bhujangasana)



Melting Heart
(Anahatasana)