

# How to Learn Yoga Poses

## 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

# Quick Start Yoga Guide

**Dr. Gulab Rai Tewani, Dr. Bhavit Bansal**

## **Quick Start Yoga Guide:**

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