

# How to Learn Yoga Poses

## 13 Tips for Beginners



Extended Triangle Pose



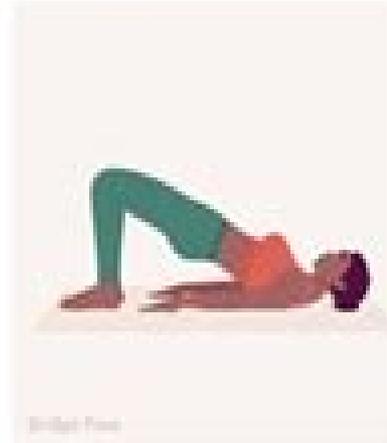
Cobra Pose



Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



Seated Forward Bend



Tree Pose



Mountain Pose

# Quick Start Yoga Guide

**Juliana Baldec**



## **Quick Start Yoga Guide:**

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