

MUST-KNOW YOGA POSES

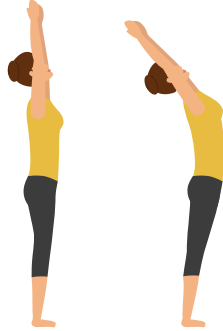
Absolute Beginners

1



Mountain

2



Upward Salute

3



Child's Pose

4



Cow

5



Cat

6



Downward Dog

7



Plank

8



Low Plank

9



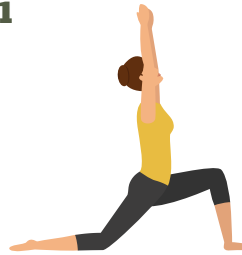
Cobra

10



Standing Forward Bend

11



Low Lunge

12



High Lunge

13



Warrior II

14



Chair

15



Corpse's Pose



CLICK HERE
for step-by-step
instructions to each
yoga pose



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