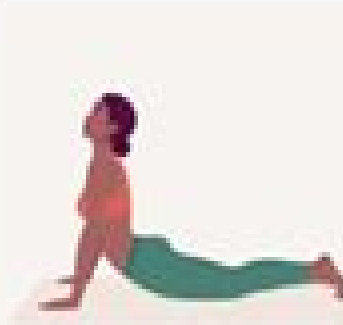


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13 Tips for Beginners



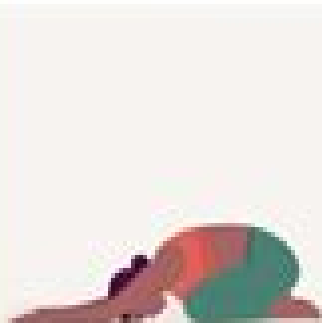
Extended Triangle Pose



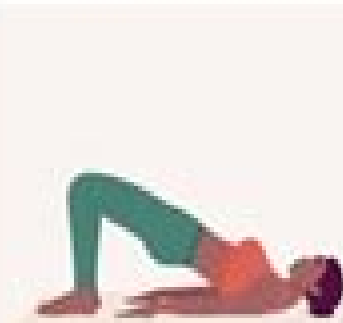
Cobra Pose



Downward Facing Dog



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Bridge Pose



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