

# How to Learn Yoga Poses

## 13 Tips for Beginners



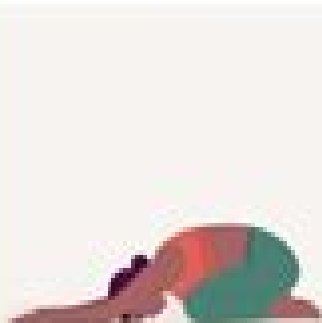
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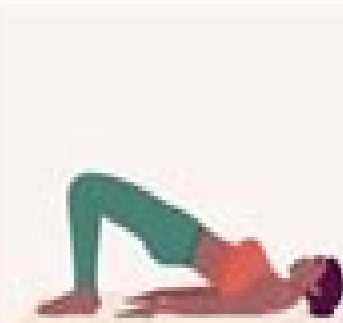
Cobra Pose



Downward Facing Dog



Child's Pose



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# Yoga For Beginners Latest Tutorial

**Mark Steyvers**



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