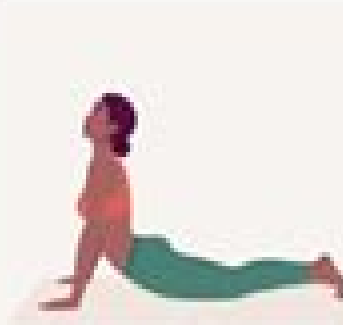


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## 13 Tips for Beginners



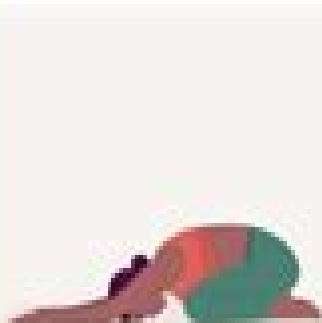
Extended Triangle Pose



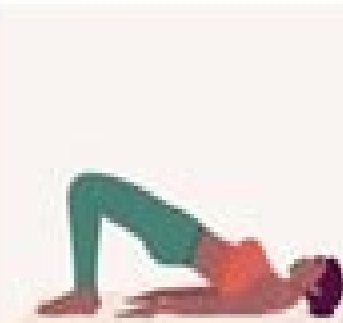
Cobra Pose



Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



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# Yoga For Beginners Tips

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