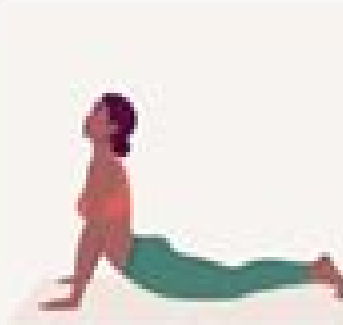


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13 Tips for Beginners



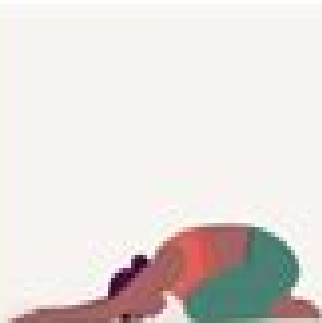
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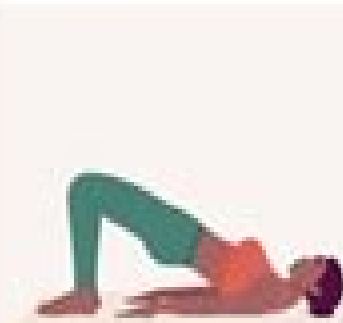
Cobra Pose



Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



Seated Forward Fold



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Yoga Practice For Beginners

Kristin McGee



Yoga Practice For Beginners:

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