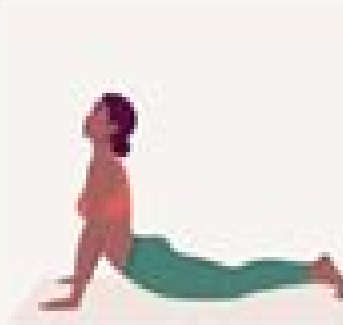


# How to Learn Yoga Poses

## 13 Tips for Beginners



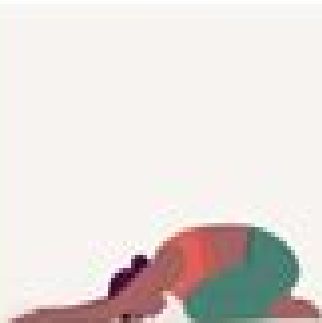
Extended Triangle Pose



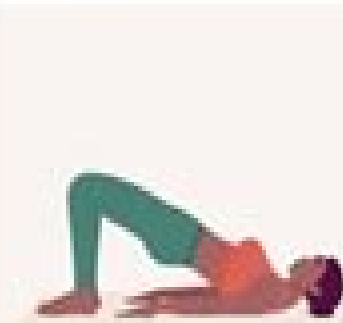
Cobra Pose



Downward Facing Dog



Child's Pose



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**Kristin McGee**



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