

YOGA FOR BEGINNERS

①



Mountain Pose

②



Child's Pose

③



Cat-Cow

④



Downward-Facing Dog

⑤



Warrior I

⑥



Warrior II

⑦



Tree Pose

⑧



Cobra Pose

⑨



Bridge Pose

⑩



Plank Pose

⑪



Seated Forward Fold

⑫



Corpse Pose