

# How to Learn Yoga Poses

## 13 Tips for Beginners



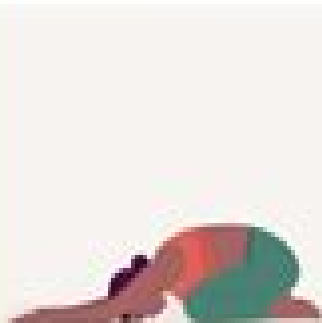
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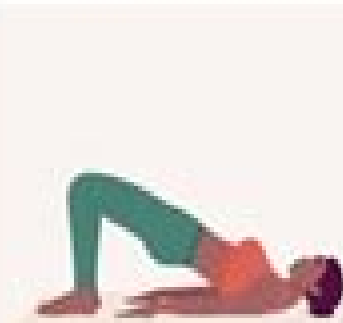
Cobra Pose



Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



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Tree Pose



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# Yoga Practice Tips

**Karin Nielsen-Saines**



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