

# How to Learn Yoga Poses

## 13 Tips for Beginners



Extended Triangle Pose



Cobra Pose



Downward Facing Dog



Child's Pose



Bridge Pose



Warrior 1 Pose



Seated Forward Fold



Tree Pose



Mountain Pose

# Yoga Practice Tips

**Dr. ROY SAMUEL KALAYIL AND FR.  
JOHNSON CHARIVUKALAYIL**

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