

YOGA FOR BEGINNERS
COMMON YOGA POSES

LovingEssentialOils.com



CORPSE POSE
Savasana

COBRA POSE
Bhujangasana



BRIDGE POSE
Sarvangasana



CHILD'S POSE
Balasana



CAT POSE
Marjaryasana



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**DOWNWARD FACING
DOG**
Adho mukha svanasana



**MOUNTAIN
POSE**
Tadasana



**TREE
POSE**
Vrikshasana



WARRIOR I POSE
Virabhadrasana I



WARRIOR II POSE
Virabhadrasana II

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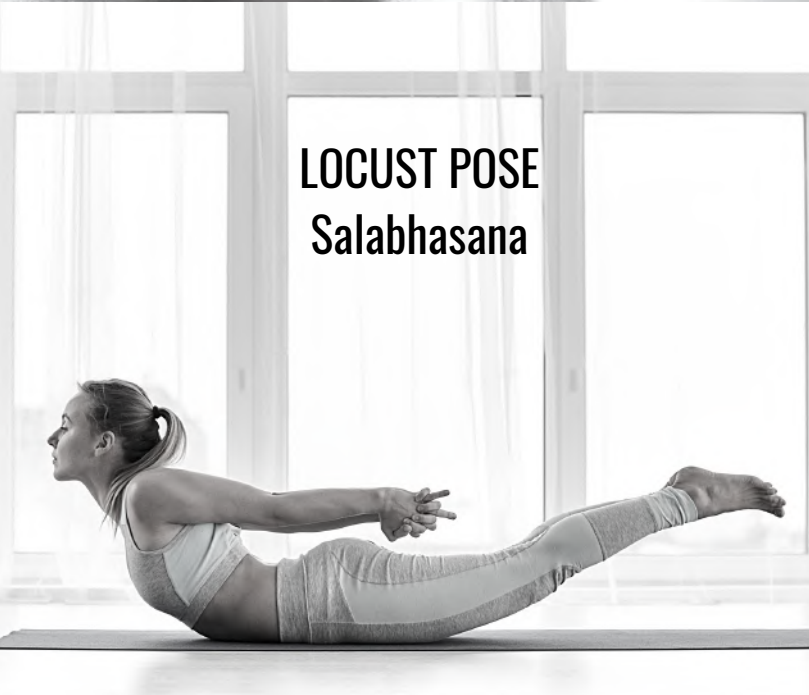
PLANK POSE
Phalakasana



**EASY
POSE**
Sukhasana



**HERO
POSE**
Virasana



LOCUST POSE
Salabhasana



CHAIR POSE
Utkatasana