

20 YOGA POSES FOR BEGINNERS

1. Mountain



2. Chair



3. Tree



4. Half Forward Fold



5. Easy Seat



6. Spinal Twist



7. Hero



8. Child's Pose



9. Cow Pose



10. Cat Pose



11. Down Dog



12. Plank



13. High Lunge



14. Triangle



15. Warrior I



16. Warrior II



17. Baby Cobra



18. Locust



19. Corpse Pose



20. Low Lunge



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web start system evaluate systems performance by checking the subcooling superheat temperatures and pressures reference the choicetm pt chart as needed choicetm r 421a can be topped off multiple time or until desired performance is reached label monitor and record properly label the converted system and perform leak tests as needed

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