



## TOP 10 YOGA POSES FOR BEGINNERS THAT WILL BOOST YOUR ENERGY



Adho Mukha Savasana



Anjaneyasana



Bitilasana



Utkatasana



Virasana



Ustrasana



Balasana



Salabhasana



Kumbhakasana



Virabhadrasana

# Yoga For Beginners Top

**Lingsheng Yao**



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