



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



Adho Mukha Savasana



Anjaneyasana



Bitilasana



Utkatasana



Viroasana



Ustrasana



Balasana



Salabhasana



Kumbhakasana



Virabhadrasana

# **Yoga For Beginners Top**

**Anne Brecht**

**Yoga For Beginners Top:**

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