

# 12 BASIC YOGA POSES

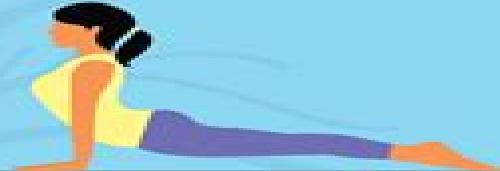
Mountain



Downward Facing Dog



Upward Facing Dog



Plank & Bridge



Tree & Chair



Warrior One



Warrior Two



Reclining Spinal Twist



Child's pose



## **Yoga For Beginners This Month**

**Dianne J. Boularice Lyons**

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