

ONE-LEGGED  
MOUNTAIN



AIRPLANE  
POSE



WARRIOR 1



WARRIOR 2



*Beginners Yoga*

# WARRIOR SEQUENCE

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WARRIOR



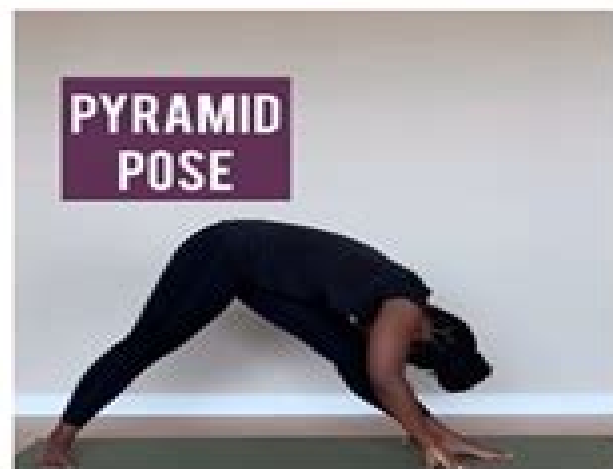
SIDE ANGLE  
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# Yoga For Beginners Vs

**Jin-Ying Zhang**



**Yoga For Beginners Vs:**

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