

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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in the top flight of german football in addition to the domestic league they participated in this season s editions of the dfb pokal and uefa champions league the season was the first since 2007 08 without marcel schmelzer

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