

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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Yijin Wang

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with these sisters as their Light GAPs are revealed Terry and Marjs intertwined stories include both tragedy and the miraculous Understanding death allowed them both to LIVE life and took away the FEAR of God A Light Gap is potential life Seeds sprout as sun reaches them Tragedy is full of possibility just like a Light Gap New beginnings are waiting to emerge Find through their discoveries the power held within to experience heaven now Gods Amazing Presence is here for all Come visit us at www.thelightgap.com

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