



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



Adho Mukha Savasana



Anjaneyasana



Bitilasana



Utkatasana



Viroshana



Ustrasana



Balasana



Salabhasana



Kumbhakasana



Virabhadrasana

# **Yoga For Beginners Top**

**Susannah Marriott**

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