

## EASY POSE

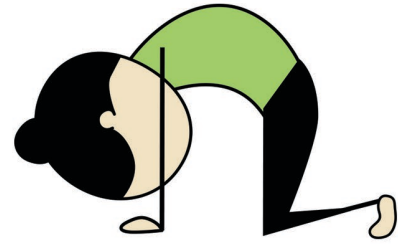
SUKHASANA

Sukhasana is a comfortable, cross-legged, seated position. It is a good pose for meditation and it increases the strength of your back and spine.



DIFFICULTY

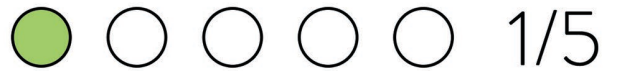
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## CAT POSE

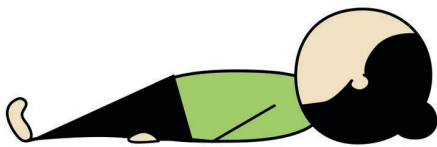
BIDALASANA

The Cat Pose helps to relax your back and coordinate movement and breath. These are two of the most important themes in Yoga.



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## CORPSE POSE

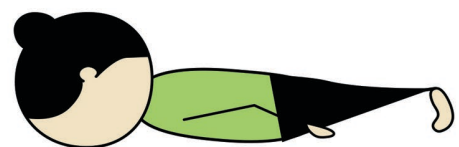
TRIKONASANA

The Corpse Pose is usually the final resting pose of a yoga class. Deep breaths will relax your body and bring you a sense of calm.



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## CROCODILE POSE

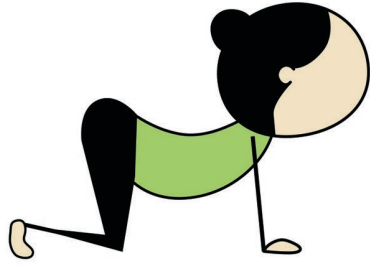
MAKARASANA

The Makarasana helps to relax the body and mind by lying completely flat like a crocodile. This relieves muscle fatigue after a difficult yoga pose.



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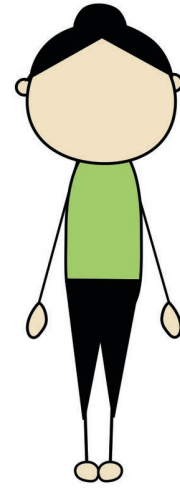


## COW POSE

BITILASANA

The Cow Pose is often paired with the Cat Pose as they both do an excellent job of stretching your back. It also opens your chest and helps to build upper body strength.

DIFFICULTY 1/5



## MOUNTAIN POSE

TADASANA

The Mountain Pose is the most basic standing posture in yoga. It's the basic building block of all other standing poses, teaching you correct alignment and helping to strengthen your lower body.

DIFFICULTY 1/5



## WARRIOR 1

VIRABHADRASANA 1

Warrior 1 is highly recognizable and is performed in all levels of yoga, from beginners to advanced. It increases flexibility and balance.

DIFFICULTY 2/5



## WARRIOR 2

VIRABHADRASANA 2

Warrior 2 strengthens your legs, back, shoulders, and arms. Performing everyday will help improve general fitness and stamina.

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## FORWARD BEND

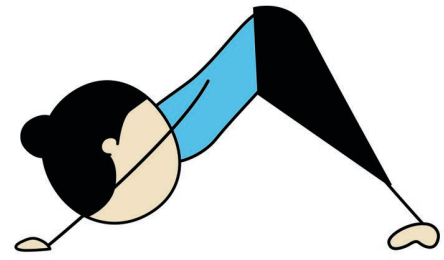
UTTANASANA

Although this pose may look easy, it can take a while to perfect. It'll stretch your hamstrings, improve hip flexibility and promote circulation to the brain.



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## DOWN DOG

ADHO MUKHA SVANASANA

Downward Facing Dog has a lot of functions in yoga, such as transitioning to other poses or as a pose for resting.



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## UP DOG

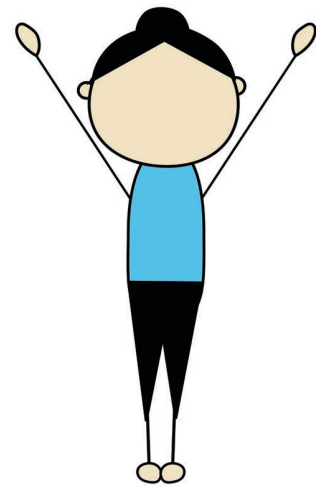
URDVAH MUKHA SVANASANA

Upward Facing Dog is a back bending pose for relieving muscle tension. It stretches all aspects of the spine and even stimulates organs in the abdomen.



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## RAISED HANDS

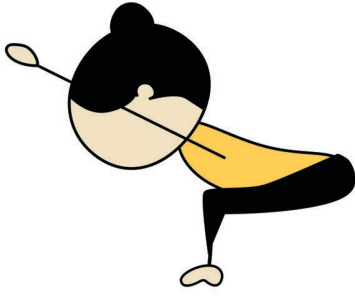
URDHVA HASTASANA

The Raised Hands Pose is ideal for beginners and focuses on the improvement of the arms, shoulders, abdomen and armpits.



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## CHAIR POSE

UTKATASANA

Sometimes known as “Fierce Pose” or “Powerful Pose”, this is great for thigh and quadricep training. The longer you hold the pose, the more effective it will be.



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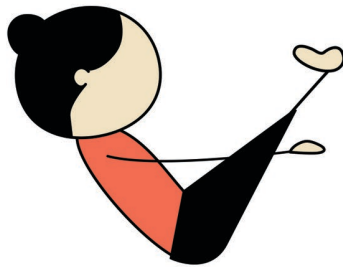
## LUNGE POSE

ANJANEYASANA

The Lunge Pose has several variations such as resting a knee or reaching to the sky with your arms. It improves balance, concentration and core strength.



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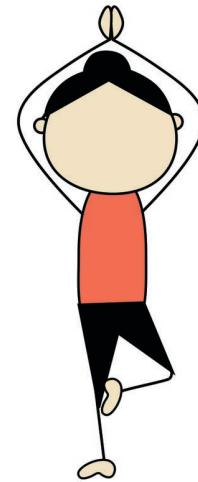
## BOAT POSE

NAVASANA

The Boat Pose is a hold in the shape of a letter “V”. The main purpose is to strengthen your abdominal muscles.



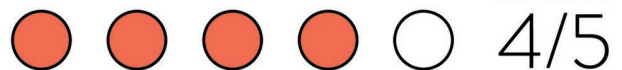
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## TREE POSE

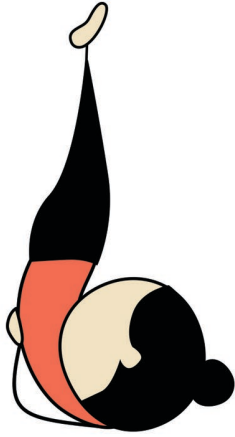
VRKSASANA

Tree Pose is a modified standing position for developing balance and calming the mind. It strengthens a variety of muscle groups as well as improving your posture.



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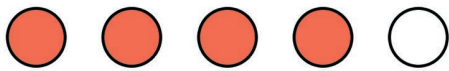




## SHOULDER STAND

SARVANGASANA

The Shoulder Stand Pose benefits the entire body. In addition to improving your posture, blood circulation to the brain is increased which can help overcome headaches.



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## PLANK POSE

CHATURANGA DANDASANA

The Plank is an arm balancing yoga pose that tones the abdominal muscles while strengthening the arms and spine.



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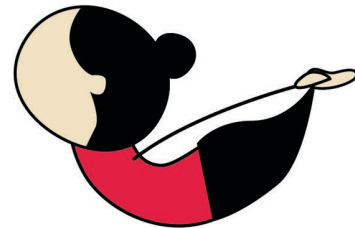
## WHEEL POSE

URDHVA DHANURASANA

Wheel Pose is a difficult pose that provides strength to the arms, legs, wrists, hips, spine and abdomen. It can also act as a therapy against asthma.



DIFFICULTY  
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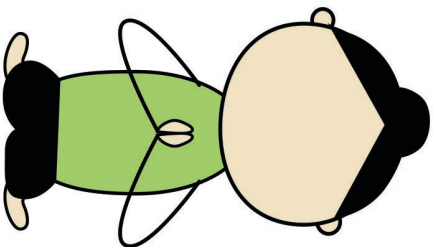
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DHANURASANA

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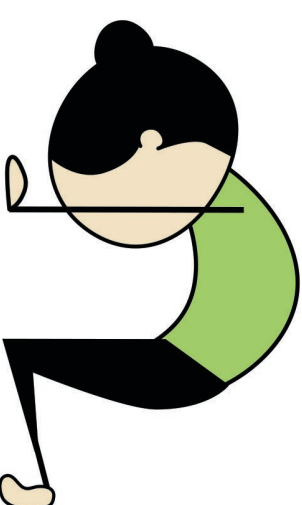
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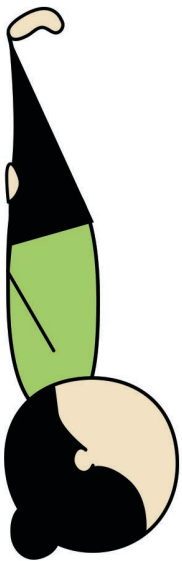
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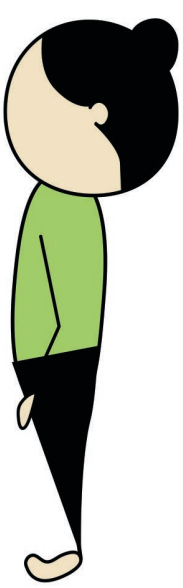
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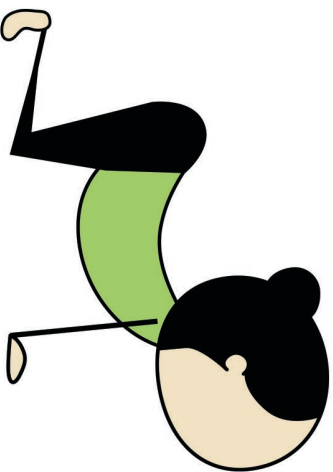
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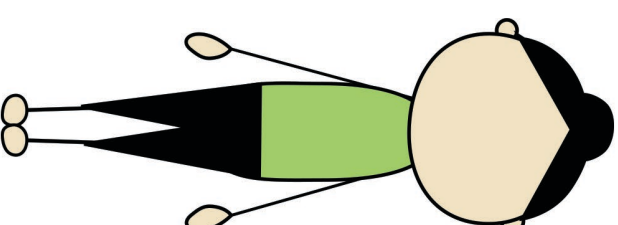
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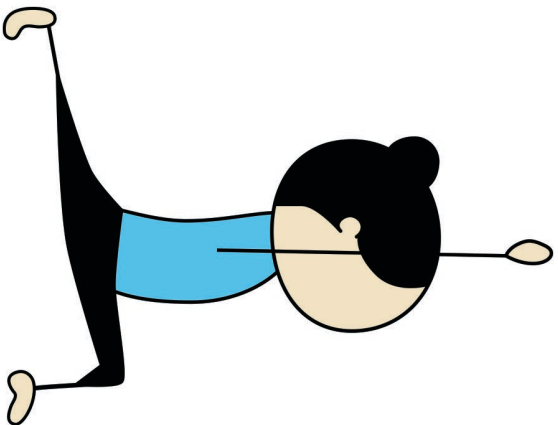
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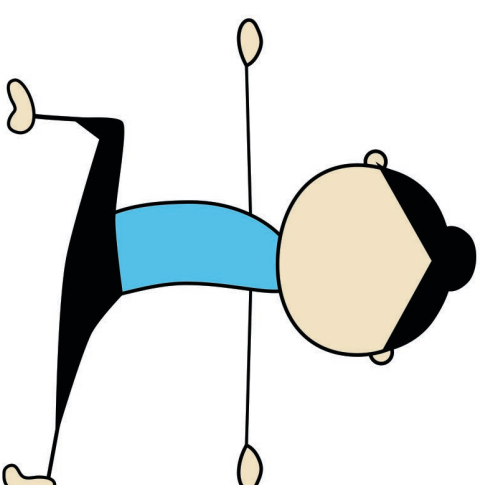
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# WARRIOR 2

VIRABHADRASANA 2

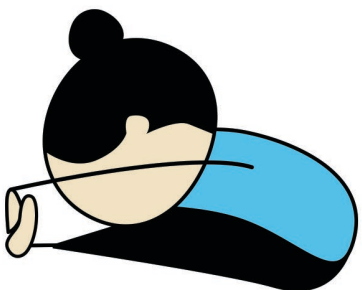
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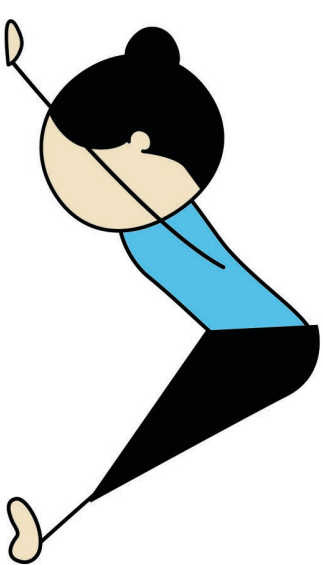
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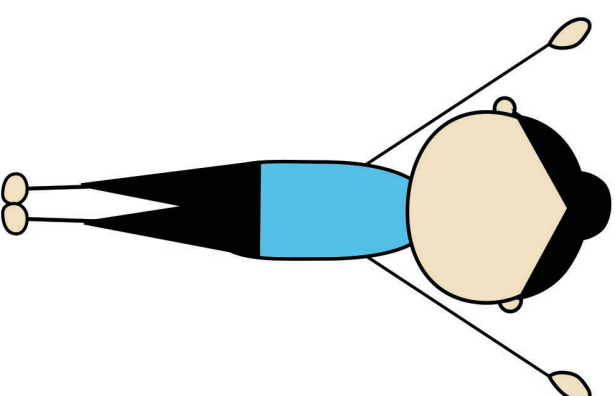
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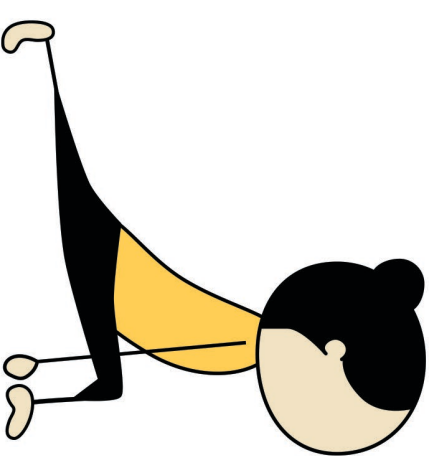
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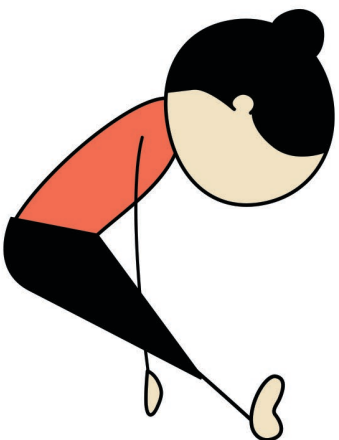
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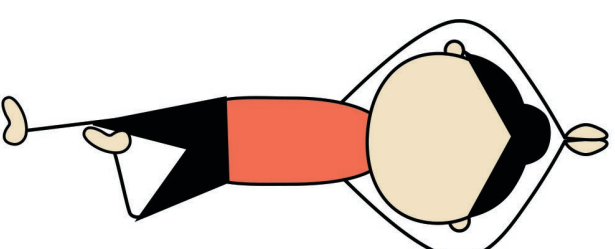
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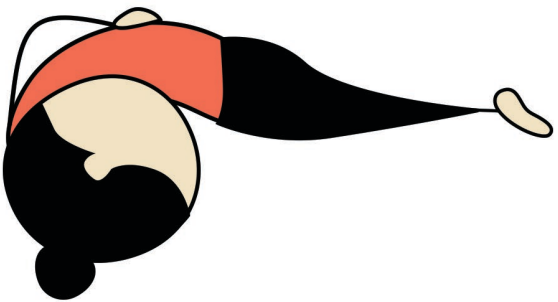
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