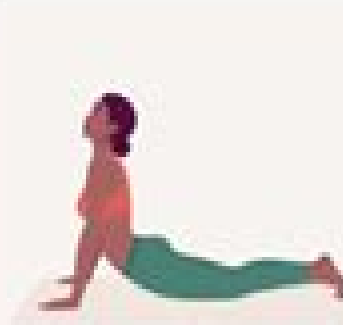


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## 13 Tips for Beginners



Extended Triangle Pose



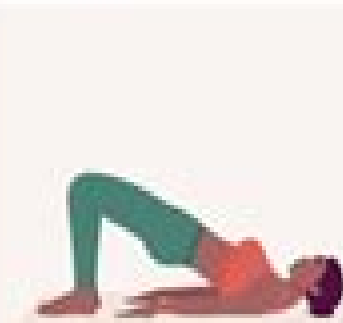
Cobra Pose



Downward Facing Dog



Child's Pose



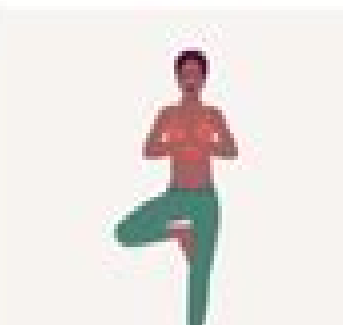
Bridge Pose



Warrior 1 Pose



Seated Forward Fold



Tree Pose



Mountain Pose

# Yoga Guide Quick Start

**Alice Christensen**



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