

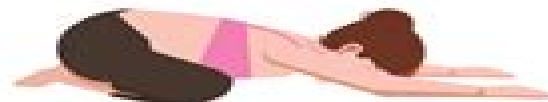
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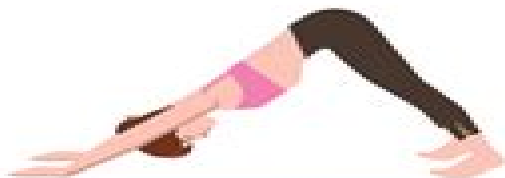
Standing forward fold



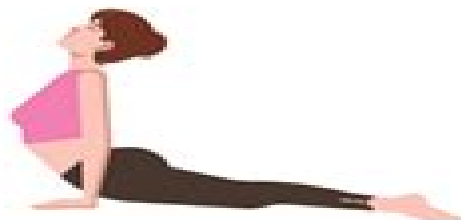
Warrior II pose



Child's pose



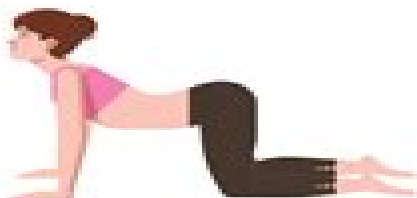
Downward facing dog



Upward facing dog



Warrior I pose



Cow pose



Seated twist



Extended triangle

Yoga Poses Guide

Joan Budilovsky, Eve Adamson



Yoga Poses Guide:

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