



Summer

Keep

Fit

Yoga



Can



you



do

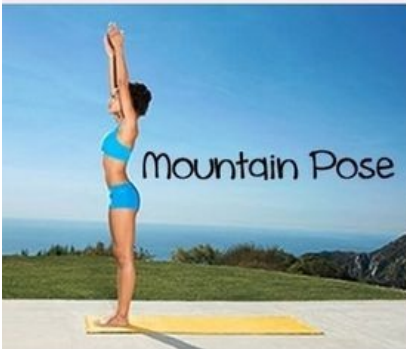


these

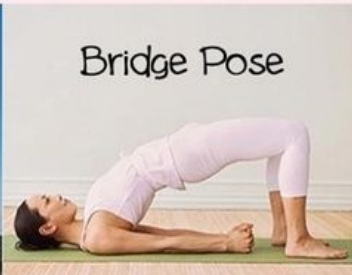


poses?

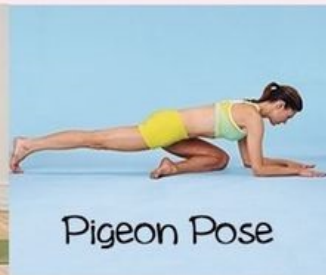
# 11 POSES FOR BEGINNERS



Mountain Pose



Bridge Pose



Pigeon Pose



Tree Pose



Warrior



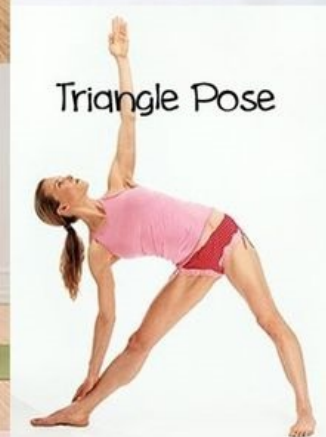
Downward Dog



Cobra



Seated Twist



Triangle Pose



Child's Pose



Crow Pose