

BEGINNER YOGA POSES

by GROUNDED PANDA



MOUNTAIN



PLANK



EASY SEAT



HERO



DOWNWARD
FACING DOG



LOW LUNGE



HIGH LUNGE



WARRIOR I



WARRIOR II



HALF STANDING
FOLD



TRIANGLE



TREE



BABY COBRA



LOCUST



CHAIR



CAT



COW



HALF SEATED
TWIST



CHILD



CORPSE