

YOGA

POSES FOR BEGINNERS

NerdyMamma.com



VAJRASANA



DHANURASANA



MAYURASANA



BHADRASANA



CHAKRASANA



HALASANA



UTKATASANA



SARVANGASANA



PAVANAMUKTASANA



BHUIJANGASANA



ARDHA-MATSYENDRASANA



PASHCHIMOTTANASANA



EKA PADA RAJAKAPOTASANA



MATSYASANA



USHTRASANA



UTTANASANA



TRIKONASANA



BALASANA



SHAVASANA