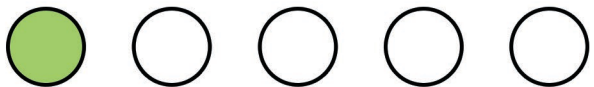


CORPSE POSE

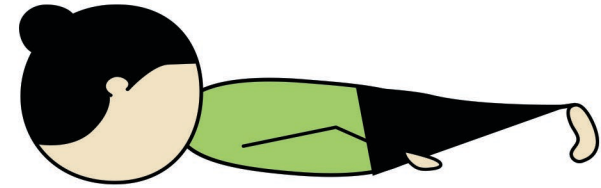
TRIKONASANA

The Corpse Pose is usually the final resting pose of a yoga class. Deep breaths will relax your body and bring you a sense of calm.



DIFFICULTY

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CROCODILE POSE

MAKARASANA

The Makarasana helps to relax the body and mind by lying completely flat like a crocodile. This relieves muscle fatigue after a difficult yoga pose.



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