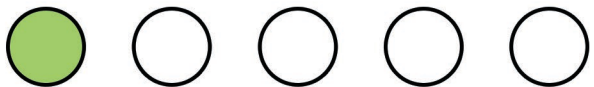


EASY POSE

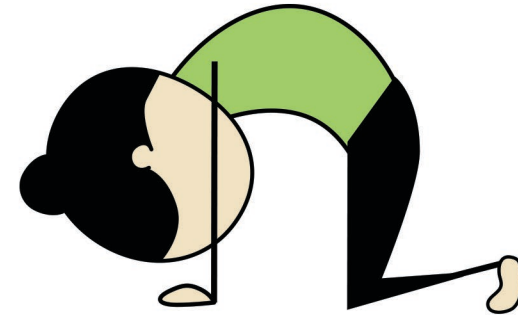
SUKHASANA

Sukhasana is a comfortable, cross-legged, seated position. It is a good pose for meditation and it increases the strength of your back and spine.



DIFFICULTY

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CAT POSE

BIDALASANA

The Cat Pose helps to relax your back and coordinate movement and breath. These are two of the most important themes in Yoga.



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