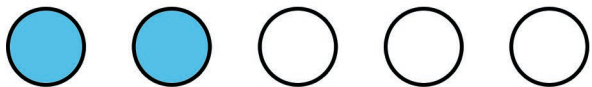


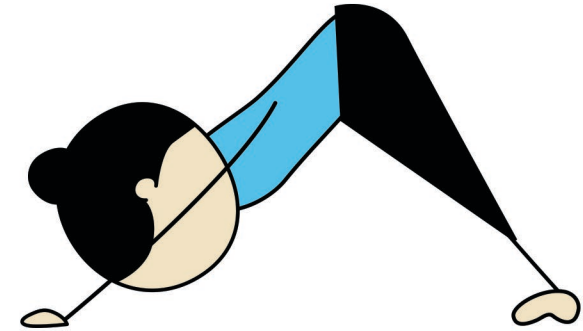
FORWARD BEND

UTTANASANA

Although this pose may look easy, it can take a while to perfect. It'll stretch your hamstrings, improve hip flexibility and promote circulation to the brain.



DIFFICULTY
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DOWN DOG

ADHO MUKHA SVANASANA

Downward Facing Dog has a lot of functions in yoga, such as transitioning to other poses or as a pose for resting.



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