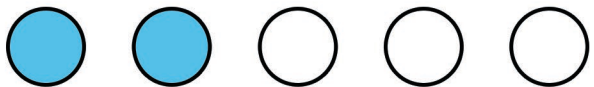


WARRIOR 1

VIRABHADRASANA 1

Warrior 1 is highly recognizable and is performed in all levels of yoga, from beginners to advanced. It increases flexibility and balance.



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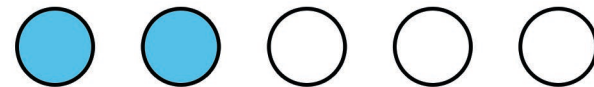
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WARRIOR 2

VIRABHADRASANA 2

Warrior 2 strengthens your legs, back, shoulders, and arms. Performing everyday will help improve general fitness and stamina.



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