

The Yoga Center of Huntsville

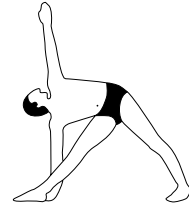
New Beginner Weeks 1&2 Practice Sequence



Standing Pose
Tadasana



Tree Pose
Vrksasana



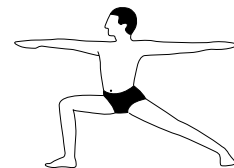
Triangle Pose
Utthita Trikonasana



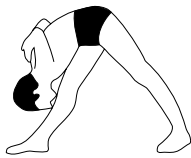
Extended Side Angle Pose
Utthita Parsvakonasana



Warrior I
Virabhadrasana I



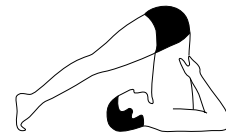
Warrior II
Virabhadrasana II



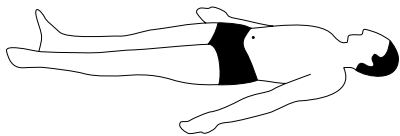
Pyramid Pose
Parsvottanasana



Shoulder Stand Salamba
Sarvangasana I



Plow Pose
Halasana



Corpse Pose
Savasana

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PRACTICE IS THE KEY