



ióga

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yoga



staidiúir sléibhe      mountain pose

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staidiúir an chrainn tree pose

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staidiúir an pháiste      child's pose

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crom chun tosaigh      forward fold

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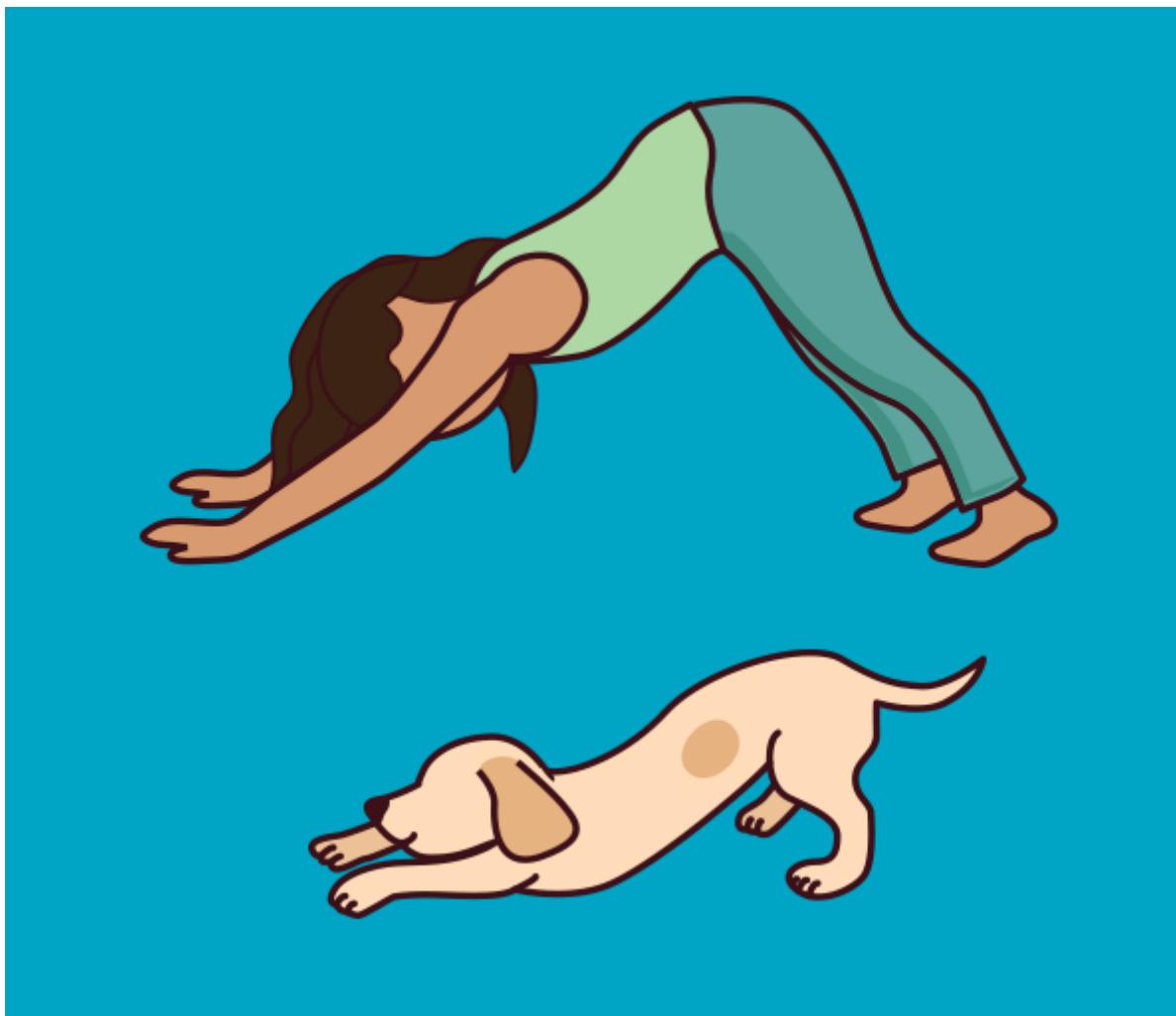




madra béal faoi

downward facing dog

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staidiúir an laoich 1      warrior 1

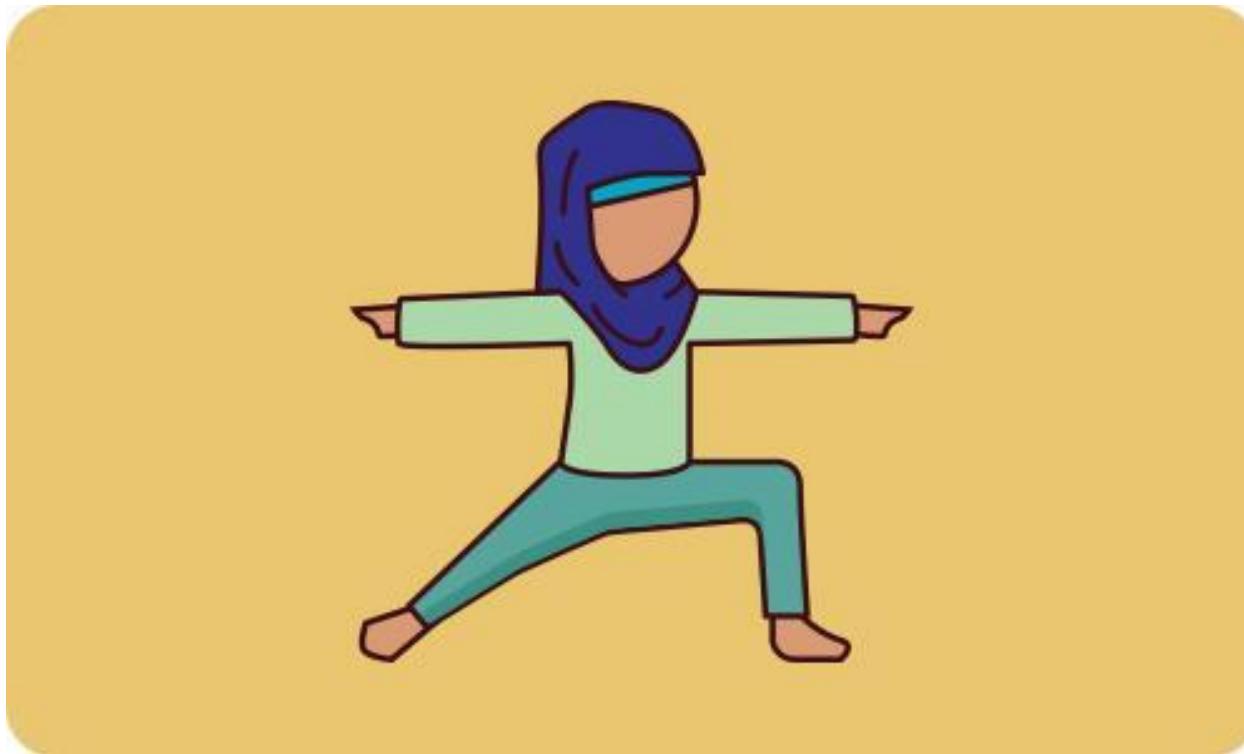
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staidiúir an laoich 2      warrior 2

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staidiúir na cathaoireach chair pose

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staidiúir an triantáin      triangle pose

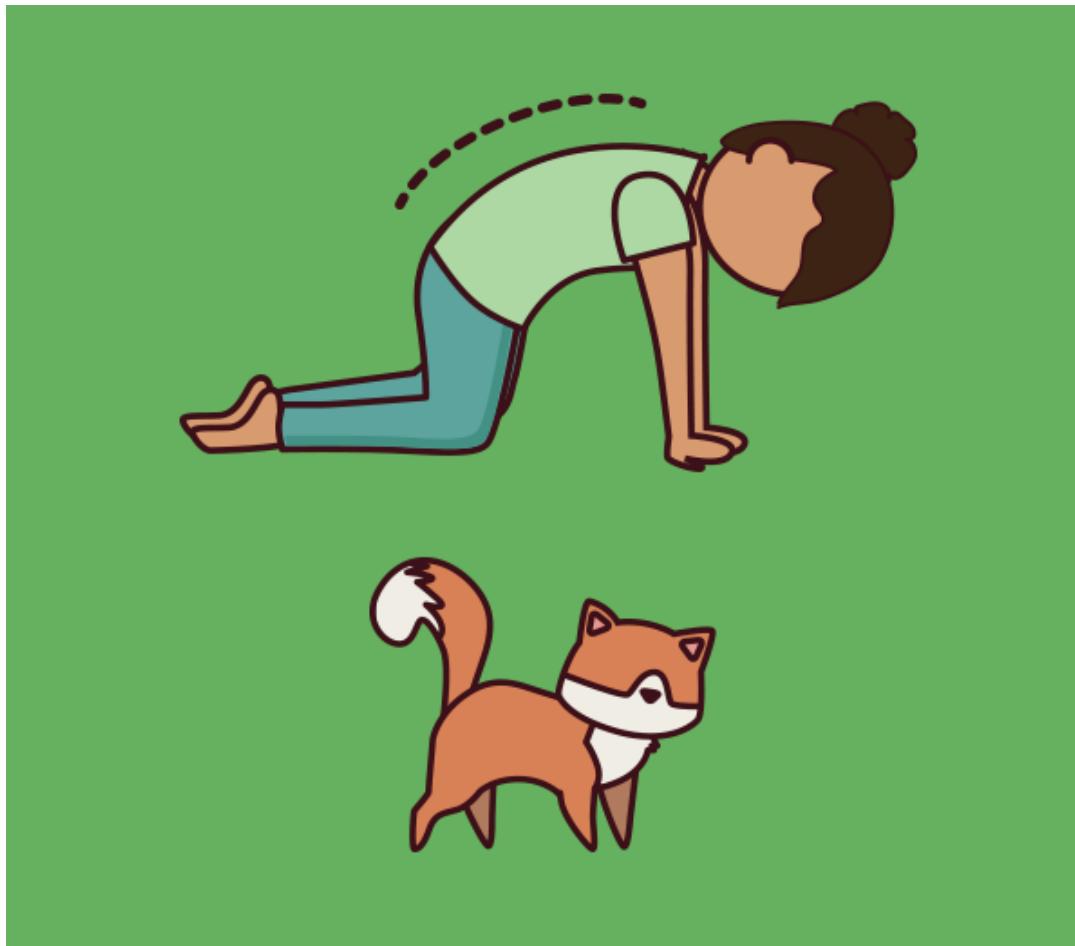
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staidiúir an chait      cat pose

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staidiúir na bó      cow pose

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staidiúir an chobra      cobra pose

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