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Today's Yoga pose of the day is Kak Asana or also known as Crow Posture. Why? Because while doing practice in my apartment (yes weekly Yoga@Apt session), Kim
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Yoga pose of the day: kak asana (crow posture)

Today's Yoga pose of the day is Kak Asana or also known as Crow Posture. Why? As described in the Complete Yoga Book by James Hewitt,

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