



## Beginner's Lesson 5

(Short 30 minute practice)

onyouryogamat.com

Begin standing at the front of your yoga mat, feet close, arms by side, palms face in  
 Keep the face relaxed and with awareness to the abdomen breath through the nose  
 Think of this practice as a moving meditation, use the breath to anchor you to "now"

### Surya Namaskara A (Sun Salutation A) X3



### Surya Namaskara B (Sun Salutation B modified) X1



### Standing Postures (5 breaths each)



### Seated Postures (5 breaths each)



### Finishing Postures (5 breaths)

# **Yoga For Beginners Guide**

**Trey Andrews**

## **Yoga For Beginners Guide:**

## Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Yoga For Beginners Guide**

In a world inundated with displays and the cacophony of immediate connection, the profound power and mental resonance of verbal beauty often diminish into obscurity, eclipsed by the constant assault of noise and distractions. Yet, situated within the lyrical pages of **Yoga For Beginners Guide**, a charming function of fictional elegance that pulses with fresh emotions, lies an memorable journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, that exciting opus instructions visitors on an emotional odyssey, lightly exposing the latent possible and profound influence embedded within the elaborate internet of language. Within the heart-wrenching expanse of this evocative evaluation, we will embark upon an introspective exploration of the book is key subjects, dissect its charming publishing style, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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