



# Beginner's Lesson 5

(Short 30 minute practice)

[onyouryogamat.com](http://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

**John Davidson, Dueep J. Singh**



## **Yoga For Beginners Guide:**

## Embracing the Beat of Phrase: An Psychological Symphony within **Yoga For Beginners Guide**

In some sort of consumed by screens and the ceaseless chatter of fast connection, the melodic beauty and psychological symphony produced by the published term frequently disappear in to the background, eclipsed by the persistent noise and distractions that permeate our lives. However, set within the pages of **Yoga For Beginners Guide** an enchanting fictional prize overflowing with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, that charming masterpiece conducts visitors on an emotional trip, well unraveling the hidden melodies and profound impact resonating within each carefully constructed phrase. Within the depths of the touching review, we can discover the book is central harmonies, analyze their enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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