



Beginner's Lesson 5

(Short 30 minute practice)

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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 breathe 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)



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JG Myers



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Yoga Journal ,1989-03 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty The Yoga-vásishtha-mahárámayana of Válmiki

Válmiki,1891 *Return to Joy* Andrew Harvey,Carolyn Baker,2016-10-13 Return to Joy is a compelling and potent invitation to the reader to consider that joy is the ultimate nature of reality and that its absence lies at the root of the current unprecedented global crisis In this book Andrew and Carolyn mine the mystical wisdom of the ages that places joy at the core of our existence and purpose as a species moving forward to consider in depth the myriad enemies of joy in our time As we tend the fires of joy we celebrate its seven flames and nurture its ubiquitous presence whether in the background or the foreground of our lives *Yoga Life* ,1993 **Yoga Journal** ,1978-01 For more than 30 years

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specific health challenges In this book their combined 55 years of experience have merged to create a reliable and user friendly introductory book that can also serve you as a beginner s reference work on an ongoing basis *Yoga, the Alpha and the Omega* Osho,1977 On an ancient treatise on the Hindu yoga system lectures delivered in Bombay December 1973 January 1974 *Return to the Garden* Shakti Gawain,1989 In this honest revealing account that blends profound insights and practical wisdom internationally renowned teacher and author Shakti Gawain uses the metaphor of the garden of Eden to frame her own story and her perspective on human evolution **On Yoga: The synthesis of yoga** Aurobindo Ghose,1965
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