

# How to Learn Yoga Poses

## 13 Tips for Beginners



# **Yoga Practice For Adults Tips**

**Lynea Gillen,Jim Gillen**

## **Yoga Practice For Adults Tips:**

**A Complete Guide to Understanding and Practising Yoga** Sue Lilly,2001 Yoga comes from the root word yuj meaning to join with or to harness It has its roots in India thousands of years ago it is probably the oldest system of holistic health in the world It is as valid today as it ever was maybe even more so as we juggle the pressures of life in the 21st century with our physical emotional mental and spiritual needs This book is a practical guide to beginning to understand and practice yoga It explains the basic principles and gives you step by step instructions on some of the classic yoga exercises

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