



# 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)



# Yoga For Beginners Guide

**Peta Whaley**



## **Yoga For Beginners Guide:**

This book delves into Yoga For Beginners Guide. Yoga For Beginners Guide is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Yoga For Beginners Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Yoga For Beginners Guide
- Chapter 2: Essential Elements of Yoga For Beginners Guide
- Chapter 3: Yoga For Beginners Guide in Everyday Life
- Chapter 4: Yoga For Beginners Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Yoga For Beginners Guide. The first chapter will explore what Yoga For Beginners Guide is, why Yoga For Beginners Guide is vital, and how to effectively learn about Yoga For Beginners Guide.
3. In chapter 2, this book will delve into the foundational concepts of Yoga For Beginners Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Yoga For Beginners Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Yoga For Beginners Guide in daily life. The third chapter will showcase real-world examples of how Yoga For Beginners Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Yoga For Beginners Guide in specific contexts. The fourth chapter will explore how Yoga For Beginners Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Yoga For Beginners Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Yoga For Beginners Guide.

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