



## **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 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 Latest Returns**

**Osho**

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***The Yoga-vásishtha-maháramáyana of Válmiki***  
Válmíki,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 unprecedeted 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

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***Yoga Nidra*** Richard Miller,2022-03-01 A new edition of this acclaimed guide updated with the most current research supported iRest practices and insights Within you resides an ever present self that is always whole and healthy filled with an abiding sense of inner peace and completely indestructible This is your true Essence and no matter what you ve been through in the past it is here waiting to be recognized embodied and remembered In this updated edition of his groundbreaking book *Yoga Nidra* yogic scholar and clinical psychologist Dr Richard Miller invites you to experience iRest a

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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

The Encyclopedia of American Religions J. Gordon Melton,1989

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