

YOGA TIPS FOR BEGINNERS

- **SPECIFY A PROPER TIME.**
- **CHOOSE A COMFORTABLE PLACE.**
- **PRACTICE ON A LIGHT STOMACH.**
- **START OFF EASY.**
- **BE GENTLE**
- **SET THE MOOD.**
- **TRY OUT DIFFERENT YOGA POSTURES.**
- **BE CONSISTENT.**

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Eve Heidi Bine-Stock



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there with each picture No scrolling needed no flipping pages back and forth for instructions For each main pose this book shows you in pictures the preparatory and follow up poses No need to hunt through wordy descriptions to find this information as other books require The charming illustrations in this book are meant to delight you and keep you motivated The benefits of practicing yoga are many In addition to increased flexibility and strength you can develop a calm and balance that overflows to other areas of your life Buy now **Harijan** ,1937 Microtimes ,1993-10 **Quill & Quire** ,2001

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