



# Beginner's Lesson 5

(Short 30 minute practice)

[onyouryogamat.com](http://onyouryogamat.com)

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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**Mark D. Sullivan**



## **Yoga For Beginners Tips Download:**

*Meditation: Beginner's Guide: Learn Simple yet Powerful Techniques: For Inner Peace, Well-Being & Mental Clarity* Shining Universe Energy, 2017-04-29 New and Improved 2nd Edition Align your INNER SELF and harness the UNLIMITED POWER of the conscious and the subconscious mind Learn one of the world's oldest techniques FOR INNER PEACE WELL BEING AND MENTAL CLARITY A COMPLETE BEGINNERS GUIDE this book is the perfect start for a newbie into the world of MEDITATION Written in very simple and easy to understand language this book will tell you The History and Background of Meditation Why Meditation is so important even today Different techniques of Meditation Benefits of Meditation With so much chaos and confusion in the world today Meditation is perhaps an answer and can bring in some sanity Get this Book NOW and start meditating today And yes please do introduce your friends and family to MEDITATION too as soon as you see the benefits Double Bonus inside Get 2 Additional Books ABSOLUTELY FREE *Dreams: Dream interpretation: The complete guide to understanding dreams* Angel E Love, 2017-08 When you dream there is usually a deeper reason There is a meaning in every dream if you know what to look for This book will tell you everything about dreams that you always wanted to know about Here's what you'll learn from the book Why You Dream Why Lucid Dreams Happen Analyze Your Dreams Dream Methods A Little on Nightmares Common Meanings Dream Tips Reminders and much much more **Self-Healing:**

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**Yoga Bible for Beginners** Inna Volia, 2018-02-07 Yoga Bible For Beginners 50 Best Poses for Beginners Tips for Improving Health Guide on stretching Attached Pictures The practice of yoga is increasingly becoming popular world over with the places that offer yoga practices increasing each day As much as many people are adopting yoga practice not many people understand what yoga entirely entails which then limits the benefits that one can experience if they lack sufficient knowledge Yoga Bible for Beginners is a book that has shared in detail what practicing yoga actually entails The goal of yoga practice is for an individual to get into a state of unity with themselves and with the universal powers Yoga practice entails engagement in breathing exercises which helps in enhancing stability in the mind and the body It also involves engagement

in body postures and meditation All the exercises and techniques are done with the aim of getting the body mind and soul into a state of unity with the universal consciousness Advancement towards that process incorporates the practice of meditation and results into a raised level of awareness as one also gets to experience raised levels of peace and happiness While a person is in such a state they are capable of seeing things in their true nature which then leads to one making the right decisions for their lives Being in such a state also provides relief from some conditions such as depression anxiety and stress alongside other medical conditions Understanding yoga the history behind it and all that it entails are therefore vital if one is to realize the benefits associated with the practice This book has shared in detail what yoga is all about for better understanding Here Is A Preview Of What You ll Learn Introduction What is Yoga The History of yoga How yoga improves Life and Health Practice 50 pose for beginners Guide on Srtetching Conclusion Scroll up and click Buy now with 1 Click to download your copy now 2018 All Rights Reserved

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*Hypermobility on the Yoga Mat* Jess Glenny, 2021-02-18 This book is an exploration of the neglected area of yoga and hypermobility Hypermobile people are generally over represented in yoga classes yet often go unrecognised and receive little guidance about how to practise in hypermobility friendly ways Many yoga teachers have received little or no training about how to work with this vulnerable

population The book considers what hypermobility is and offers teachers general guidelines as well as specific practical techniques for including hypermobile students safely and effectively in classes For hypermobile students themselves there are lots of suggestions for making a yoga practice helpful and beneficial Also including information about co existing conditions the intersection of hypermobility with neurodiversity and much more Hypermobility on the Yoga Mat is the go to resource for both hypermobile yoga practitioners and yoga teachers encountering hypermobile students **Sunset** ,2012

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