

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.**

Box Office Yoga For Beginners Tips

Robert Westbrook

Box Office Yoga For Beginners Tips:

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