

# **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.**
- 
- A woman with long dark hair is performing a yoga pose on a grey mat. She is wearing a white tank top and grey leggings. Her arms are raised, and she is holding her hands together above her head. She is in a room with large windows in the background, and the floor is made of light-colored tiles.

# Yoga For Beginners Box Office Tips

**Ying Liu**



## **Yoga For Beginners Box Office Tips:**

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**Courses of Study** New School for Social Research (New York, N.Y. : 1919-1997),1971      **The Listener** ,1930      **The New Statesman and Nation** ,1950      **Billboard Music Week** ,1907      **New Statesman Society** ,1990-05      Organic Gardening ,1982-07      New Statesman and Nation ,1954      New York ,1973      *Shambhala Sun* ,2002

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