

20 MINUTE BEGINNER'S YOGA ROUTINE

1



DOWNWARD DOG

2



LOW LUNGE

3



TOES POSE

4



RECLINING HAND TO BIG TOE

5



RECLINING PIGEON

6



RECLINING COW FACE

7



RECLINING SPINAL TWIST

8



LEGS UP THE WALL

Yoga For Beginners Review Returns

Michal Rosen-Zvi

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Yoga for Real People Jan Baker,2002-05-15 For anyone intimidated by crowded yoga classes complicated textbooks headstands or simply touching their toes Yoga for Real People offers a year of classes that progress from beginning to intermediate to advanced levels of practice A down to earth guide for yoga teachers and students alike this book is illustrated throughout with more than 160 photographs correctly demonstrating 100 poses Each lesson begins with a discussion of an important yogic concept before presenting a posture to build flexibility and strength followed by a meditation to inspire mental relaxation and spiritual growth As students build a routine they learn to first do the postures then experience the postures and finally become the postures The appendix includes a complete list of the postures along with a helpful summary of the benefits Jan Baker s gentle and encouraging style teaches readers how to listen to their bodies how to stretch without strain and most of all how to find joy in all things As she writes in the introduction If you want to live longer be healthier more peaceful yoga has the answer How long does it take to accomplish this That s up to you

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