

A woman with dark hair tied back, wearing a blue athletic tank top and leggings, is sitting in a lotus position on a dark yoga mat. She is in a bright, modern living room with a light-colored sofa to her left and large windows in the background showing greenery. The text 'YOGA FOR BEGINNERS' and '3 DAY WORKSHOP' is overlaid in white on the bottom half of the image.

# **YOGA FOR BEGINNERS**

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