



# Beginner's Lesson 5

(Short 30 minute practice)

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)



# Yoga For Beginners Guide

**F Rizvi**



## **Yoga For Beginners Guide:**

## Unveiling the Magic of Words: A Review of "**Yoga For Beginners Guide**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Yoga For Beginners Guide**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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