



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)



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RC Schank



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Unveiling the Power of Verbal Art: An Emotional Sojourn through **Romantasy S Yoga For Beginners Price**

In a world inundated with displays and the cacophony of instantaneous connection, the profound power and psychological resonance of verbal beauty usually fade into obscurity, eclipsed by the regular onslaught of noise and distractions. However, set within the musical pages of **Romantasy S Yoga For Beginners Price**, a charming work of literary brilliance that pulses with fresh emotions, lies an remarkable trip waiting to be embarked upon. Penned by a virtuoso wordsmith, this mesmerizing opus instructions viewers on a mental odyssey, gently exposing the latent possible and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is central themes, dissect its interesting publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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