

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 person in a white yoga outfit is performing a yoga pose on a mat. They are in a seated position with their legs tucked under them, and their hands are clasped together in front of their face, resting their head on their hands. The background is a bright, indoor setting with wooden floors and a window with blinds.

Yoga For Beginners Top Customer Service

N Colangelo



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