

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 in a bright room with large windows. The person is in a standing position, leaning forward with their hands clasped together, and their feet are together. The background shows a bright room with large windows and a wooden floor.

Box Office Yoga For Beginners Tips

J Rink



Box Office Yoga For Beginners Tips:

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