

# **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 woman with long dark hair is performing a yoga pose on a grey mat. She is wearing a white tank top and black leggings. Her arms are raised, and she is holding her hands together above her head. She is in a room with large windows in the background, and the floor is made of light-colored tiles.

# Yoga For Beginners Top Customer Service

**Arturo Cuomo**



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