


# **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 crossed and arms raised, holding their hands together in a prayer position. The background is a bright, airy room with large windows and a wooden floor.

# Yoga For Beginners Tips Customer Service

**ML Yell**



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