



Beginner's Lesson 5

(Short 30 minute practice)

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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)



Yoga For Beginners Top Download

Michael Rajnik



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Table of Contents Yoga For Beginners Top Download

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 - The Rise of Digital Reading Yoga For Beginners Top Download
 - Advantages of eBooks Over Traditional Books
2. Identifying Yoga For Beginners Top Download
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Yoga For Beginners Top Download
 - User-Friendly Interface
4. Exploring eBook Recommendations from Yoga For Beginners Top Download
 - Personalized Recommendations

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 - Participating in Virtual Book Clubs
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 - Creating a Diverse Reading Collection Yoga For Beginners Top Download
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 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
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 - Setting Reading Goals Yoga For Beginners Top Download
 - Carving Out Dedicated Reading Time
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- 13. Promoting Lifelong Learning
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