

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 is shown in a yoga pose, likely a variation of the Bhujangasana (Cobra) pose. They are lying on their stomachs on a grey yoga mat, with their elbows tucked under their shoulders and their head lifted. The background is a blurred indoor setting with light-colored walls and a wooden floor.

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