

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 is shown in a yoga pose, specifically a standing forward bend (Uttanasana), on a grey mat. She is wearing a white tank top and grey leggings. Her arms are extended upwards, and her head is tucked towards her knees. The background is a bright room with large windows and a wooden floor.

Yoga For Beginners Tips

Rohit Sahu



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