

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, specifically a standing forward bend (Uttanasana), on a grey mat. They are wearing a white tank top and dark pants. The background features large windows with light-colored frames, and the floor is made of light-colored tiles. The overall atmosphere is bright and airy.

Yoga For Beginners Tips

Shasha Hu



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