

A serene indoor space with a light-colored wooden floor, a green yoga mat, a potted plant, and sheer curtains. The scene is bright and airy, with soft light filtering through the curtains. A green yoga mat is laid out on the floor, and a potted plant with long, green leaves stands in the corner. A semi-transparent text box is overlaid on the image, containing the title and subtitle.

Yoga for Beginners

A Simple Guide to Get Started

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Yoga For Beginners Today Setup

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