

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 with long dark hair is performing a yoga pose on a grey mat. She is in a low lunge position with her right leg forward and bent, and her left leg back and bent. Her hands are clasped together in front of her chest, and she is looking upwards. She is wearing a white tank top and grey leggings. The background is a blurred indoor setting with wooden floors and a white wall.

Yoga For Beginners Top Customer Service

Gary Armstrong, Philip Kotler



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