

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 variation of the Bhujangasana (Cobra) pose. They are lying on their stomachs on a light-colored mat, with their elbows tucked under their shoulders and their head lifted towards the ceiling. The background is a bright, airy room with large windows and light-colored walls.

Yoga For Beginners Tips

R Bogdan



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