

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 shown in a yoga pose, likely a variation of the Cat-Cow pose. She is on a grey yoga mat on a light-colored tiled floor. She is wearing a white tank top and grey leggings. Her hands are on the floor, and her back is arched, with her head tilted back and her arms extended upwards. The background is a blurred indoor setting with light-colored walls and a wooden floor.

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Thirumalaisamy P.
Velavancorresponding

A decorative graphic element consisting of a red circular shape with a white center, partially obscured by a white rectangular bar that extends from the left edge of the slide. The bar has a rounded right end that fits into the white center of the red circle.

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