



Beginner's Lesson 5

(Short 30 minute practice)

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Begin standing at the front of your yoga mat, feet close, arms by side, palms face in. Keep the face relaxed and with awareness to the abdomen breathe through the nose. Think of this practice as a moving meditation, use the breath to anchor you to "now".

Surya Namaskara A (Sun Salutation A) X3



Surya Namaskara B (Sun Salutation B modified) X1



Standing Postures (5 breaths each)



Seated Postures (5 breaths each)



Finishing Postures (5 breaths)



6 Guide Yoga Guide

Chao Zhang



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Table of Contents 6 Guide Yoga Guide

1. Understanding the eBook 6 Guide Yoga Guide
 - The Rise of Digital Reading 6 Guide Yoga Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying 6 Guide Yoga Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 6 Guide Yoga Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from 6 Guide Yoga Guide
 - Personalized Recommendations
 - 6 Guide Yoga Guide User Reviews and Ratings

- 6 Guide Yoga Guide and Bestseller Lists
- 5. Accessing 6 Guide Yoga Guide Free and Paid eBooks
 - 6 Guide Yoga Guide Public Domain eBooks
 - 6 Guide Yoga Guide eBook Subscription Services
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- 6. Navigating 6 Guide Yoga Guide eBook Formats
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 - Adjustable Fonts and Text Sizes of 6 Guide Yoga Guide
 - Highlighting and Note-Taking 6 Guide Yoga Guide
 - Interactive Elements 6 Guide Yoga Guide
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 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 6 Guide Yoga Guide
- 9. Balancing eBooks and Physical Books 6 Guide Yoga Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 6 Guide Yoga Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 6 Guide Yoga Guide
 - Setting Reading Goals 6 Guide Yoga Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 6 Guide Yoga Guide
 - Fact-Checking eBook Content of 6 Guide Yoga Guide
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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