



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

Shasha Hu



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voiceover we now begin a whole new area of circuit analysis called sinusoidal steady state analysis you can also call it ac analysis ac stands for alternating current it means it is a voltage or a current that where the signal actually changes sign it is positive sometimes it is negative sometimes

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about transcript the ratio of a sinusoidal voltage to a sinusoidal current is called impedance this is a generalization of ohm s law for resistors we derive the impedance of a resistor inductor and capacitor the inductor and capacitor impedance includes a term for frequency so the impedance of these components depends on frequency

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ω represents the frequency of a sine wave when we write it this way $\sin \omega t$ if $\omega = 1$ the sin completes one cycle in 2π seconds if $\omega = 2\pi$ the sin completes one cycle sooner every 1 second for $f = 1$ if $\omega = 2\pi f$ the sin completes one cycle even faster every $1/f$ seconds or equivalently sin completes f cycles in 1 second

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