



Beginner's Lesson 2

(Gentle warm up postures)

Begin lying down, soles of feet on mat, knees together
Mouth and eyes gently closed, face relaxed
Breathe steadily in through the nose, and out through the nose
Hands on abdomen to feel the support of this steady breath
Keep awareness turned inwards to sensations within the body



Arms out to the side
Relax shoulders
Steady breathing



Knees gently to the right
Look over left shoulder
Repeat opposite side



Draw both knees to chest
Point the toes, face relaxed
Option to lift head to knees



Lift right leg and foot up
Keep left foot firmly down
Repeat opposite side



Cat posture: look gently down
Shoulders above wrists
Hips above knees, feet apart



Breathe in: start to look forwards
Lift the chest, shoulders roll back
Feel the abdomen drawing down

← X5 →



Breathe out: start to look back
Arch the back like a cat
Draw the abdomen up



Relax: Child's Pose
Head down, arms in front
Knees apart, feet point back



Return to Cat Posture



Right arm lifts to extend forwards
Left leg lifts to extend back
Repeat opposite side



Optional Child's Pose



Return to Cat Posture



Downward Facing Dog
Hips lift and go back
Neck relaxed: look back



Cat Posture: relax



Downward Facing Dog
Eventually legs straighter
Keep moving chest to feet



Relax in Child's Pose: close the eyes, let the breath come and go naturally
Release the neck and the shoulders, feeling the forehead gently on the mat
Stay alert to every breath you take, keeping your mind quiet and steady

A Teachers Guide For Beginning Yoga

ML Morrison



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Table of Contents A Teachers Guide For Beginning Yoga

1. Understanding the eBook A Teachers Guide For Beginning Yoga
 - The Rise of Digital Reading A Teachers Guide For Beginning Yoga
 - Advantages of eBooks Over Traditional Books
2. Identifying A Teachers Guide For Beginning Yoga
 - 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 A Teachers Guide For Beginning Yoga
 - User-Friendly Interface
4. Exploring eBook Recommendations from A Teachers Guide For Beginning Yoga
 - Personalized Recommendations
 - A Teachers Guide For Beginning Yoga User Reviews and Ratings
 - A Teachers Guide For Beginning Yoga and Bestseller Lists
5. Accessing A Teachers Guide For Beginning Yoga Free and Paid eBooks

- A Teachers Guide For Beginning Yoga Public Domain eBooks
 - A Teachers Guide For Beginning Yoga eBook Subscription Services
 - A Teachers Guide For Beginning Yoga Budget-Friendly Options
6. Navigating A Teachers Guide For Beginning Yoga eBook Formats
- ePub, PDF, MOBI, and More
 - A Teachers Guide For Beginning Yoga Compatibility with Devices
 - A Teachers Guide For Beginning Yoga Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of A Teachers Guide For Beginning Yoga
 - Highlighting and Note-Taking A Teachers Guide For Beginning Yoga
 - Interactive Elements A Teachers Guide For Beginning Yoga
8. Staying Engaged with A Teachers Guide For Beginning Yoga
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers A Teachers Guide For Beginning Yoga
9. Balancing eBooks and Physical Books A Teachers Guide For Beginning Yoga
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection A Teachers Guide For Beginning Yoga
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine A Teachers Guide For Beginning Yoga
- Setting Reading Goals A Teachers Guide For Beginning Yoga
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of A Teachers Guide For Beginning Yoga
- Fact-Checking eBook Content of A Teachers Guide For Beginning Yoga
 - 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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