



# 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)



# Team Roster Yoga For Beginners How To

**Robert E. Zucker**



## **Team Roster Yoga For Beginners How To:**

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**Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954** United

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