

Yoga For Beginners

CH Cherryholmes

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Yoga for Beginners This slow and mindful yoga practice is perfect for beginners and is also a good “back to basics” refresher class. Adriene has a lovely and engaging personality, and her expert instructions will help you pay close attention to the alignment of each movement and pose. Yoga for Joy *The Philosophy of Yoga: A Complete Guide - Yoga Basics* Check out our two yoga books: Yoga for Beginners takes you through all the basics of practicing yoga and then teaches you the poses in the context of a yoga practice sequence. Yoga Class guides you through eight lessons to learn 30 of the most commonly used poses while incorporating yogic philosophy and principles of alignment.

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