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📅 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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📅 2016📅1📅25📅 so here is a little video for the complete brand new and total beginner to help you feel comfortable on the mat and to give you a little taste of what yoga asana the physical practice of yoga is all about a jumping off point if you will try this once for 7 days and let me know how you feel

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