



# Beginner's Lesson 5

(Short 30 minute practice)

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)



# Complete Yoga

**Avatar Adi Da Samraj**



**Complete Yoga :**

Immerse yourself in heartwarming tales of love and emotion with its touching creation, **Complete Yoga** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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