

# **Yoga for Beginners**

## **Welcome to Your Yoga Journey**

**Yoga is a holistic practice that benefits both the mind and body. Whether you are seeking physical fitness, mental clarity, or spiritual growth, yoga offers a path to achieve your goals.**

### **Benefits of Yoga:**

**Improves flexibility and strength**

**Reduces stress and anxiety**

**Enhances respiratory function**

**Promotes overall well-being**

### **Basic Poses:**

**Mountain Pose (Tadasana)**

**Downward Facing Dog (Adho Mukha Svanasana)**

**Warrior I (Virabhadrasana I)**

**Child's Pose (Balasana)**

**Cobra Pose (Bhujangasana)**

### **Getting Started:**

**Find a quiet space to practice.**

**Wear comfortable clothing.**

**Use a yoga mat for better grip and comfort.**

**Start with a few basic poses and gradually increase the complexity of your practice.**

**Breathe deeply and focus on your movements.**

**Namaste!**