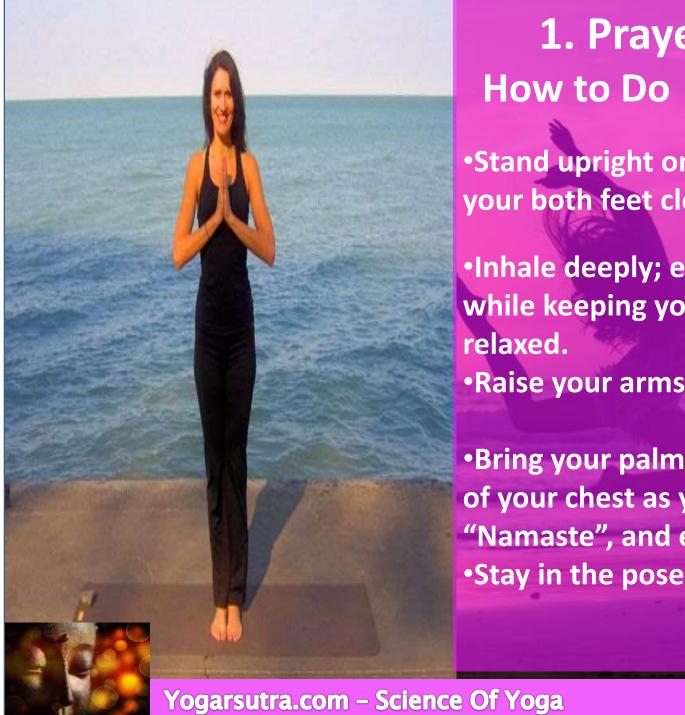
"Yoga For Beginners Tutorial" #Just 2 Steps 2 <u>learn Most</u> Important Yoga Poses!



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1. Prayer Pose

- Stand upright on your mat with your both feet closely aligned.
- Inhale deeply; expand your chest while keeping your shoulders
- Raise your arms while inhaling.
- Bring your palms together, in front of your chest as you do for "Namaste", and exhale.
- Stay in the pose for five breaths.



2. Raised Hand Pose

How to Do

From the previous Prayer Pose-

 Lift your arms up while inhaling and d backwards slightly.

 Your arms should lie close to your ears.

Stay in the pose for five breaths.

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