



# Beginner's Lesson 5

(Short 30 minute practice)

[onyouryogamat.com](http://onyouryogamat.com)

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 breath 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)



# Review Yoga Guide

**Daren Callahan**



## Review Yoga Guide:

*The Principles and Practice of Yoga in Cardiovascular Medicine* Indranill Basu-Ray, Darshan Mehta, 2022-05-26 This is the world's first reference book covering the role of Yoga in Cardiovascular Diseases. It details epidemiology, physiology, pathology, prevention, and management of cardiovascular diseases based on the current scientific understanding of Yoga. Seventy-five experts from four continents, including the most notable names, contributed to this work to create the world's first comprehensive reference literature on Yoga in cardiovascular medicine. The chapters cover information related to Yoga both as prevention and therapy, including coronary artery disease, heart failure, and arrhythmias. In addition, important cardiovascular topics like obesity and diabetes mellitus are also included. A special chapter covers the role of Yoga in the prevention of cardiovascular complications in COVID-19 patients.

*Yoga Therapy Foundations, Tools, and Practice* Laurie Hyland Robertson, Diane Finlayson, 2021-06-21 Providing essential support to schools and universities that offer yoga therapy training programs, this comprehensive edited textbook develops robust curricula enabling them to prepare yoga therapists to integrate into healthcare settings safely and effectively. The book includes a large and international list of contributors from diverse lineages and backgrounds, such as Matthew Taylor, Gail Parker, and Steffany Moonaz, and is the first resource on yoga therapy that aligns with the educational competencies of the International Association of Yoga Therapists (IAYT). It covers yoga foundations, philosophical background, ayurveda, tantra, biomedical and psychological foundations, yoga therapy tools, and therapeutic skills, yogic and biopsychosocial spiritual assessments, and professional practices. As the field of yoga therapy continues to root and grow, this book is essential for both new yoga therapy practitioners and for schools developing training programs.

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**Kundalini Yoga Massage** DR. GITA KALIPERSHAD-JETHALAL, 2015-06-24 Unleash the power within you. Dramatically improve your health. Bring purpose, enthusiasm, energy, and abundance into your life. This unique book, written for the beginner and seasoned

practitioner of Yoga outlines in simple readable language a new and innovative approach that combines two ancient arts of Yoga and Massage to activate and access the innate self healing power that resides in all human beings Kundalini Yoga Massage embodies the philosophy and the science behind yoga and also provides practical techniques to remove physiological blockages and unlock the innate life force that lie dormant in all human beings Author Dr Gita Jethalal who has more than forty years of experience in the health care field combined with a lifetime of yoga knowledge discusses the new and innovative seven step massage technique that focuses on stimulating the seven chakras within the spinal column A practical book for those who wish to improve their physical mental and spiritual well being Kundalini Yoga Massage reveals the history philosophy and science behind yoga and focuses on integrating and unifying the science of the West with the wisdom of the East for the benefit of your health and well being It shows how yoga increases the flow of life force energy and assists you to deal with the stressors of modern society more efficiently and to improve all areas of your life Since Kundalini Yoga Massage Seven Steps to Activate the Seven Chakras and Power Peoples Prana is new Dr Gita has designed an extensive curriculum for professionals and weekend workshops for those wishing to learn the basics for their own personal use She can be contacted at kundaliniyogamassage gmail com

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