



1. HIGH PLANK



2. HIGH PLANK KNEE
TO ELBOW TAPS



3. LOW LUNGE

PUSH YOUR PRACTICE

CROW POSE / BAKASANA

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4. HIGH PLANK



5. HIGH PLANK KNEE
HOVER



6. FORWARD FOLD



7. LOW CHAIR
(BLOCK OPTIONAL)



8. CROW PREP
(BLOCK OPTIONAL)



9. CROW

Yoga Practice Tutorial

Annelies Wilder-Smith



Yoga Practice Tutorial:

OM Yoga ,2002-06 Yoga teacher Cyndi Lee brings the rigors and rewards of yoga class to the home in an easy accessible way For each day of the week she offers a unique yoga class that is communicated through charming and simple illustrations

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wellness and wellbeing mindfulness physical wellness wholeness mindfulness physical wellness **Mindfulness Practice Guide** Lila Santoro, AI, 2025-03-15 Mindfulness Practice Guide offers a comprehensive path to navigate modern life with resilience through mindfulness. It emphasizes stress reduction, concentration enhancement, and emotional regulation as vital tools. The book traces mindfulness from ancient traditions to modern therapeutic uses, showcasing its enduring relevance for mental well-being. Did you know consistent mindfulness can reshape your brain's response to stress much like exercise strengthens muscles? Or that mindful breathing can lower heart rate and blood pressure, providing immediate relief? The book systematically introduces foundational principles like present moment awareness and acceptance. It then progresses through stress reduction techniques such as mindful breathing, strategies for focus, and methods for emotional regulation. This practical approach, supported by research and insights from practitioners, distinguishes it from other books in the self-help and psychology genres. It emphasizes actionable steps to help readers integrate mindfulness into daily life, fostering overall mental health. The book's value lies in its accessibility and practical guidance, making complex concepts understandable for a broad audience. By providing evidence-based techniques and real-world examples, Mindfulness Practice Guide empowers readers to cultivate inner peace and resilience. The book's chapters build upon each other, guiding individuals to manage stress, sharpen focus, and skillfully navigate emotions.

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