



# Yoga Class: 8 Essential Yoga Lessons for Beginners

*Timothy Burgin*

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## **Yoga Class: 8 Essential Yoga Lessons for Beginners** Timothy Burgin

In these eight lessons, you will learn 30 of the most commonly used poses that are safe and accessible for the beginning student. You will also learn the basic yoga breathing techniques and simple meditation practices with which to begin and end your yoga sessions. Each lesson will start with the basic practice philosophy and focus on specific principles of alignment.

You will practice the yoga poses within a sequence that will grow and change as you progress through the lessons. By the end of lesson eight, you will have the skill and confidence to begin modifying and creating your own yoga sequences, or you can continue to follow the sequences that you learned in the practice sessions.

### **In Yoga Class you will learn the following:**

- \* History and philosophy of yoga
- \* General practice guidelines
- \* Pranayama: breath control
- \* Meditation and mental focus
- \* Asanas: 30 fundamental yoga postures
- \* Anatomical alignment principles
- \* Eight yoga posture sequences
- \* Options to go further and deepen your practice

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