

Yoga Selection (@yoga_selection) • Instagram photos and videos

 [instagram.com/p/BbgYbYFj-A2/](https://www.instagram.com/p/BbgYbYFj-A2/)



yoga_selection



- yoga_selection Yoga for beginners. This class shows one way of sequencing a class for someone who is brand new to yoga. These poses are from the first class in the yogaselection.com beginners course. Standing poses are great for correcting imbalances in the body. They help to strengthen your legs so that they can more effectively support your spine. The feeling of opening your chest can be empowering when you first start practicing yoga. A lot of the teaching instruction is targeted towards achieving this opening. Seated poses are touched on in this beginners class but developed further as experience grows. This sequence can be completed in

around 30 minutes but will be more effective if time permits several repetitions of each standing pose. Check out the 16 class beginners series on yogaselection.com.