



Yoga Class: 8 Essential Yoga Lessons for Beginners

By Timothy Burgin

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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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Editorial Review

About the Author

Yoga Class draws from the depth of knowledge and wisdom of yogi Timothy Burgin. Timothy is a Kripalu and Pranakriya trained yoga instructor and has over 20 years of experience in the practice of yoga, pranayama, and meditation. Timothy has completed his 500 hour Advanced Pranakriya Yoga training and continues to train with and be inspired by world class yoga instructors. Timothy has a master's degree in acupuncture from the Santa Barbara College of Oriental Medicine and brings his experience of healing and alternative medicine to his understanding and teaching of yoga.

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