



Introduction to Vinyasa Yoga: Foundation Yoga Magnets for Beginners

Doron Hanoach

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Visualize your practice with this set of 43 yoga pose magnets. Create, see, learn, and then modify your yoga practice as you gain experience. Each pose magnet, just smaller than a business card, may be placed anywhere on a magnetic white board, a refrigerator, or simply placed flat on a yoga mat. Each magnet shows a single flawless pose rendered in exceptional quality black line art, clearly visible ten feet away. Provided poses are a comprehensive set for beginning Vinyasa yoga students, including warm-up, standing poses, twists, floor poses, hip-openers, balances and inversions. Modify your practice by re-ordering the magnets. Each pose magnet includes the Sanskrit pose name. Other sets are available from Happy Baby Yoga Magnets.

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