



BEyogafit

Try Yoga

"Inhale the future. Exhale the past."

– Eckhart Tolle

- Your First Class- Arrive early, introduce yourself to the teacher, position yourself in the room for success, do what you are able, be proud of your arrival
- Set an Intention
- Respect Your Body
- Listen to Your Current Limitations
- Practice with Gratitude
- Learn as you go
- Embrace the Warrior Spirit
- Be mindful of your breath
- Use a block to bring the earth up to you
- Follow where your body wants you to go
- Be Present for yourself & the community



How To Prevent Some Injuries With Yoga



YogaFit

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<https://www.youtube.com/watch?v=mA6Vcf7WAeo>

