

Name _____

Dive into Yoga: A Beginner's Guide to Finding Zen!

Short Answer

1. What is the significance of the mind-body connection in yoga?
2. Why is it important to choose a suitable yoga class as a beginner?
3. List three items of equipment or gear that can enhance your yoga practice.
4. How can beginners gradually progress in their yoga practice?
5. Explain the concept of listening to your body in yoga.

