

A woman with dark hair tied back is performing a yoga pose on a wooden floor. She is wearing a blue long-sleeved shirt and black leggings. Her right arm is extended upwards, and her left arm is bent with her hand near her head. The background features a large, bright, textured moon in a dark blue sky, with a body of water visible below the horizon. A semi-transparent dark blue banner with white text is overlaid across the middle of the image.

# Hatha Yoga for Beginners

# Hatha Yoga In Motion

**Karin Nielsen-Saines**



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