

Yoga

From your first breath to arm balances and inversions. A structured yoga progression across 5 levels, one pose at a time.

by the Progresspedia community

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About this book

This book was compiled from Progresspedia, an open learning platform where anyone can contribute. Every article here was written, edited, and voted on by the community - the content lives as open markdown, free to read, share, and improve. Spotted a mistake or want to add something? Open the course online and suggest an edit.

by the Progresspedia community

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6. Downward Facing Dog - hold a steady downward dog
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