

**My yoga enthusiasts.. STOP DOING THIS!**

**What I am about to relay to you now is one of the  
worst mistakes you can make...**

**The worst part is..**

**Even the TOP performers fall into this TRAP.**

**You see, in the realm of yoga, there is a distinct  
pyramid framework.**

**Yet the hurdle that people commonly run into...**

**Is that they focus only at the TIP of the pyramid,  
indulging in all the fancy and complex contortions  
and stretches!**

**This, as a consequence, often leads to beginners  
feeling overwhelmed initially.**

**Though we're all familiar with the raging aspiration to  
achieve top-notch flexibility**

To sidestep the pitfalls that often accompany you as a beginner.

And to make sure you achieve your dream pose.

**[Click Here To Unlock The Ultimate Yoga Training Program](#)**