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Cover Memo

These instructions on how to do a sun salutation appear on a website I created to explain various yoga poses to beginning yogis. There is also a forum component to the site where new yogis can share tips for practicing and getting better. As the site is geared towards beginners, the yoga poses and workouts are presented in a step by step manner with details about proper form and injury prevention. Additionally some modifications to poses are provided to make poses easier and help yogis practice their form. Once they master a modification, they can move on to the regular pose. Those coming to this site are interested in learning basic yoga poses and practicing them on their own and with others. Their end goal is to improve at their yoga practice. This site will help them accomplish this goal by teaching them proper technique.

Link to the site: <http://yogaalexatsintolas.weebly.com/>

The site contains my vision for the formatting, which I could not quite achieve with word.

All of the images on the site were taken by me, were free images from the website building site, Weebly, or clip art from Word.