

# *Yoga for Beginners*

*A Quick Start Yoga Guide to  
Burn Fat, Strengthen Your Mind  
& Find Inner Peace*



*Jenny Chase*

[Contents](#)

[Introduction](#)

[What is Yoga?](#)

[The Benefits of Yoga](#)

[Is Yoga Right for Me?](#)

[Getting Started with Yoga](#)

[Equipment](#)

[Clothing](#)

[Environment](#)

[Creating a Routine](#)

[A Diet for Yoga](#)

[The Poses](#)

[Beginner Poses](#)

[Intermediate](#)

[Advanced](#)

[The Routines](#)

[Routine 1](#)

[Routine 2](#)

[Routine 3](#)

[Routine 4](#)

[Routine 5](#)

[Routine 6](#)

[Routine 7](#)

[Routine 8](#)

[Routine 9](#)

[Routine 10](#)

[Routine 11](#)

[Routine 12](#)

[Routine 13](#)

[Routine 14](#)

[Routine 15](#)

[Routine 16](#)

[Routine 17](#)

[Routine 18](#)

[Conclusion](#)

[Enjoy this book?](#)

## Introduction

Hey, I firstly want to express my thanks to you for buying this book.

I also want to tell you that you're awesome for wanting to learn yoga. I get so excited teaching yoga and I can't wait to help you along in your journey to burn fat, strengthen your mind and find inner peace.

Yoga has become increasingly popular in recent years - it has been adopted by everyone ranging from children to celebrities and from the elderly to high level athletes.

This wide-spread adoption and love for yoga is not surprising once you begin to understand how powerful yoga can be for both the body and the mind.

Like most people I'm sure you've heard about how beneficial yoga is and you've wanted to try it out - and I'm sure you had no idea where to start...

I wrote this book so that you now know exactly where to start. Yoga for Beginners is a complete guide to getting started practicing yoga and covers everything you need to know. This book is a blueprint for beginners and details the following:

- What is Yoga?
- The Many Benefits of Yoga
- How to Start Practicing Yoga
- Over 55 Common Yoga Poses
- 18 Yoga Routines You Can Start Today
- What Diet to Adopt to Accelerate Results

And much, much more.

This book truly covers everything you need to know about yoga.

The book is primarily aimed at beginners and amateurs but even pro's will find a huge amount of value in the book.

So, get ready to dive into the book and learn all about yoga. I will guide you along every step of the way and if you ever want to ask me any other questions

I'm only an email away.

Roll out the mat and let's get ready to practice yoga to burn fat, strengthen your mind and find inner peace.

## What is Yoga?

This is actually a particularly difficult question to give a definite answer to as in the passing years yoga has become more and more diverse with a multitude of styles, practices and alterations appearing. Not to mention that since the word Yoga has been in use of thousands of years it, and has origins in the ancient language of Sanskrit, the translation of the word could have been warped over time.

This said, for this book we will answer the question “what is yoga” by looking at a modern interpretation of it.

I like to define Yoga as the union of the body, mind and spirit for the creation of a healthier you. It is a discipline that uses both the body and mind to promote health and relaxation. Through very specific poses and meditative practices one is able to unite the body and mind together, doing this brings forth a host of amazing benefits – which will be discussed later.

Yoga has become increasingly popular over the years and is now practiced by everyone from children to professional athletes. In the recent past yoga was often viewed as a stretching routine for old people who wanted to increase flexibility. This has rapidly changed but a few misconceptions still exist.

Arguably the most common misconception of yoga is that it is a practice of stretching the muscles and increasing flexibility, now while both of these points are true, they miss out the main purpose of yoga. As I said yoga is the union of the body and mind. The poses of yoga (which people misconstrue as for stretching only) allow you to gain better control over your thoughts, breathing, and restraint – ultimately working towards allowing you to achieve the meditative state of peace you desire.

How does that work?

Well, carefully moving and holding your body in a variety of poses whilst simultaneously controlling your breathing requires a great deal of focus and mental power. This focus leads to a clear, calm mind which, as time passes, results in the mind emptying which is the perfect environment for a meditative state.

So, now you know a little bit more about what yoga is we will move onto

studying the amazing benefits of yoga.

## The Benefits of Yoga

This section of the book will explore some of the amazing benefits that practicing yoga can bring to you and your life. For ease of reading and understanding I've listed out the most common benefits that you will experience once you start practicing yoga.

It is not an exaggeration at all to say that yoga will better your life. Not only will it improve your health, help you lose fat and improve your sleep it will also make you happier and reduce your stress. I want to draw a parallel to the fact that many highly successful entrepreneurs, businesspeople, athletes and celebrities all practice yoga – not only that but they all rave about the benefits and how it has impacted their lives.

The physical and psychological benefits aside one of the best things about yoga is that you can do it anywhere. You need no fancy equipment, no gym membership and you don't need good weather. Additionally yoga isn't a practice that makes you drop the other fitness routines you love, it is supplemental to any and every conceivable workout. But not only is the supplemental, it's actually beneficial to all other routines.

So without further ado, here is the main benefits you will get by adopting yoga.

- Improve Your Sleep
- Massively Improve Your Flexibility - Improvement to Your Posture
- Relieves Stress and Calms Your Mind - Lose Weight and Rapidly Fat Burn
- Develops Your Muscle Tone, Muscle Strength and Abs - Good for Your Joints, Very Low Impact.
- Improvement in Your Cognitive Functioning - Improves Your Creative Skills and Thinking - Removes Back and Neck Pain
- Increases Your Energy Levels
- Improvement to Your Digestive System - Boosts Your Immune System



## Is Yoga Right for Me?

Now you've read all about the awesome benefits of yoga and how practicing it can change your life you are probably raring to start. Before we dive into the routines that will reap you all the amazing benefits though you have to ask yourself is "Yoga Right for Me?"

When people ask me if they should come to my classes I usually ask them a few simple questions. I've written these questions out for you and it won't take you more than a minute or two to answer them. So run through these questions and see if you think Yoga might be an awesome practice for you to adopt!

What is the overall goal you want from practicing Yoga? Is it to reduce stress and be happier? Improve your output at work? Improve your health? To learn how to meditate?

Are you willing to set aside at least 30 minutes every few days to practice yoga?

Do you understand that yoga doesn't yield instantaneous results but rather you must practice it to reap all the benefits?

Do you have any injuries or physical limitations that you think could get in the way of you practicing?

These questions are simple but they do serve an important purpose. When I ask potential clients these questions it gives me an idea whether or not they understand truly what yoga is. It is a rare occurrence that someone will have a completely warped view on the practice of yoga, but it does happen and I always like to be sure. Asking those questions is my sieve.

## Getting Started with Yoga

This chapter is going to explore the best ways for you to get started with yoga. This chapter will be broken into several sections and will detail the following to help you get started.

- What equipment do I need to start yoga?
- When is the best time to practice to yoga?
- What is the best environment for me to practice yoga?
- What sort of diet should I follow when practicing Yoga?

After reading each section you will be able to adopt yoga into your lifestyle in a way that will yield accelerated results.

## Equipment

In theory all you need to start yoga is your body and a desire to practice. Now I could end the chapter like that but I would prefer to give you some recommendations that will improve your yoga experience.

### Yoga Mat

I find the most important piece of equipment to be a good quality yoga mat. A mat will give you a soft cushioning between your body and the floor. This will help prevent you from placing strain on your joints during various poses. The mat also provides you with a 'yoga space' this is the area in which your body will mostly be contained during the routines. I often find that having my yoga space defined by a mat helps anchor me to my poses and routines much more effectively.

When buying a yoga mat you will want to take into account the following few questions:

1. What is my budget? Yoga mats can be cheap or expensive. They can range from \$5 to upwards of \$50 and the amount you spend is not necessarily directly related to the quality. I usually aim for a mat around the \$15-20 mark, I find this provides a good sized, well-made comfortable mat that has a long lifespan.
2. Do I need to travel with my mat? If you are a frequent traveller and want to be doing yoga whilst on the road you will want a mat that rolls up very tightly, is easy to keep rolled up and has the option of a carry strap or handle
3. Do I like this surface type? Yoga mats can come with various surfaces, before you buy make sure you check out the surface with your hand to see how you like it. If it feels uncomfortable to your skin then the chances are you aren't going to want to spend much time on it.
4. Will I be doing Bikram Yoga? This is a style of yoga that is done in

extremely high heats (often a sauna or hot room) and as a result you sweat a great deal more. If you are going to be practicing Bikram, or another form of hot yoga, you will definitely want a skid-less yoga mat.

## Clothing

When practicing yoga there is a few points you will want to keep in mind regarding attire.

If your clothes restrict your movement you will find it much more difficult to move. Fluidity of clothing will encourage fluid movement.

The best style of clothing for yoga is athletic gear. Form fitting athletic gear encourages movement and does not droop or drag. This is crucial as you do not want clothing getting tangled in your movements. Also ensure to avoid anything that makes a noise as you move as this will disturb the tranquil yoga experience.

The other ideal thing about athletic clothing is that it doesn't hide the body, this is an important point as you want to ensure that you/your teacher/your partner can properly see alignment and the posture of your poses.

You will also want to use athletic gear for its anti-sweat properties. Again these fabrics are designed for athletes, to reduce sweat and to prevent odours forming in material. Many people choose to do yoga in cotton gear, I find this less than ideal as cotton absorbs odours and makes you sweat more.

The final words I want to add to this section is that you don't need to take my advice on this, I just find it is the best practice for the optimum yoga experience. It goes without saying that all jewellery *etc.* should be removed as well.

## Environment

In the beginning where you practice yoga will be of crucial importance, as your skills progress you will be able to practice yoga and find peace in even the busiest of environments.

For a beginner though the aim is to reduce distractions and noise. You want to create a sanctum, a place of peace and tranquillity that you associate with yoga. This may sound complex but it can be literally anywhere you choose.

It might be your living room, back garden, bathroom or a private room you've booked in the gym. The key is it is somewhere you associate with the mindful state you are entering. I suggest using the same location repeatedly in the beginning – doing this will help you greatly as you associate the location with yoga.

I also like to create a very specific atmosphere within my environment. I will list below the facets that make up my environment. Pick and choose aspects as you like experiment with them and see what suits your tastes best.

- Low lighting,
- Ambient noise
- Candles, vanilla scented
- Mat centred in the room, or as close to centre as possible
- Doors closed and drapes drawn

## Creating a Routine

It is important to create some form of routine as it will aid you in sticking to yoga and being vigilant about practicing every day.

Set an amount of time aside that you are willing to dedicate to yoga each day, 15 minutes is a good starting point, and decide when you are going to practice. I suggest avoiding the “I will practice when I have time today” plan as usually you will miss it as something else pops up.

I find the 3 best times are as follows: morning, noon and night. The benefits of each are as follows.

**Morning:** It is an awesome way to start the day, it can keep you calm and energized throughout the day. It also gives you the time to meditate on the day ahead and what you are going to be doing.

**Noon:** This can be an excellent time if you are looking to offload the stress of the day and unwind. Often times we get stressed from all the madness of a busy morning, a quick yoga session can alleviate all of this.

**Night:** An excellent way to unwind after a busy day. Offload the stress and pressures of the day and use it to escape “work” mode and enter “relaxation” mode. This will help you sleep better and improve your work/pleasure balance.

Personally I like to practice once in the morning, before breakfast and once in the evening before bed.

## A Diet for Yoga

I want to start this section by saying that by no means do you need to follow any particular diet when practicing yoga. That said I personally believe that your diet should be one that is healthy, energy promoting and vitality giving.

For me the purpose of practicing yoga is to strengthen my body, mind and spirit - I don't think this can be achieved with a poor diet. It is widely known that eating certain foods can result in a host of negative outcomes such as:

- Energy spikes and subsequent crashes
  - Fat gain
  - Slowing of mental faculties
  - Poor skin, hair and nails
  - Irreparable damage to your internal organs
- It is also known that eating the right foods can provide the opposite to every negative stated. With this in mind the diet I like to follow is one that promotes a healthy body, increased energy, rapid weight loss and an increase in intelligence.

I create my diet around whole foods and avoid manufactured produce, products and ingredients. By eating whole foods that haven't been processed I am preventing toxins and additives from entering my body. This small step alone can change your life and I say that without exaggeration. Not only will you be more energized, lose weight and feel better, it has also been proven that you will live longer.

Think about that last sentence there. Simple changes to your diet can add to your lifespan.

Given that both meditation and yoga have also been linked to longevity of life you can start to imagine how potent mixing a proper diet with yoga can be.

As I said you don't need to follow any diet but I believe if you follow (even roughly) the suggestions I make you will see accelerated results.

### **Eat These:**

- Lean protein sources: chicken, beef *etc.*
- Oily fish: salmon, tilapia, tuna *etc.*



- Eggs
- Fruit and lots of it
- Extra virgin-olive oil
- Whole grains such as oats or brown rice (avoid white) - Legumes: lentils, beans *etc.*
- Nuts: natural not salted or sweetened
- Green vegetables and lots of them
- Garlic, turmeric, ginger, cumin, paprika, pepper flakes *etc.*
- Natural Yoghurt

**Avoid These:**

- Pasta
- Breads, bagels *etc.*
- Ground meat
- High fat meats: pork, chorizo *etc.*
- Any sweets, treats, popcorn, chips *etc.*
- Bottled sauces and spices
- Canned foods, except legumes and tomatoes - Anything that you look as if it has been manufactured or processed

When it comes to beverages, I strongly suggest sticking to black coffees, herbal teas and water. These are the cleanest beverages you will find and anything else (including fruit juices and smoothies) tends to be packed full of additives.

As for alcohol, try to limit your consumption to 1-3 drinks per week. I would suggest opting for red wine or a clear liquor.

When it comes time to make your meals you can follow along with some of the recipes included as your Free Gift (check the front of the book or [click here](#)). These are some sample recipes for breakfast, lunch and dinner that I regularly whip up.

If you prefer to get creative in the kitchen then go ahead and enjoy. Have fun with it and amaze yourself at the delightful meals you can make using the preapproved foods list. If you're wondering about portion control I would suggest 4-5 small meals per day. Ensure each meal has a protein source, lots of vegetables, a carb source and a small amount of fat (usually the oil you cook in achieves this).

## The Poses

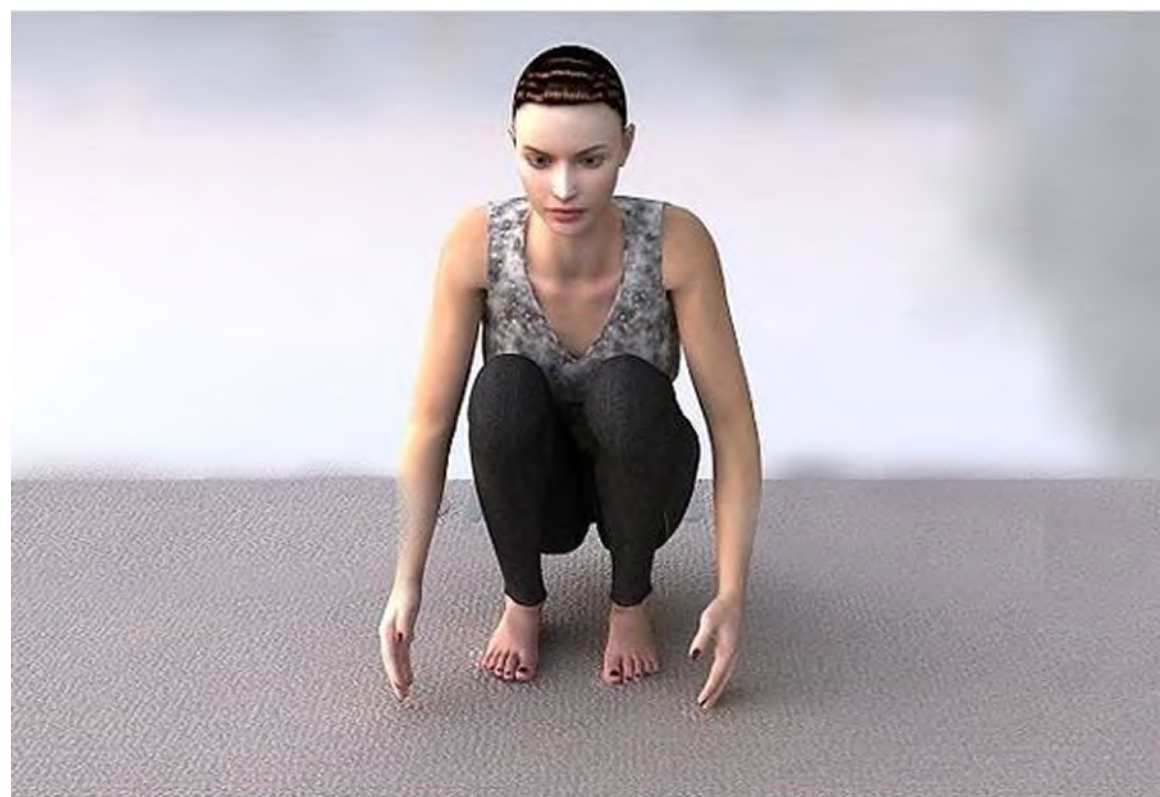
This section of the book contains a collection of the yoga poses that you will be using in order to Burn Fat, Strengthen Your Mind and Find Inner Peace.

The poses are split into 3 sections Beginner, Intermediate and Advanced.

After this section will be the routines that you will be following in this course.

If you have any difficulty reading the images on your Kindle or book you can also access all images by [clicking here](#) or visiting [GoodLivingPublishing.com/yoga-poses](http://GoodLivingPublishing.com/yoga-poses)

# Beginner Poses



Crouched Tiger



Big Cat



Chair Pose



The Dolphin Plank





The Downward Dog



Half Locust



Fish Out of Water



Proud Cow



The Plank





Resting Hands

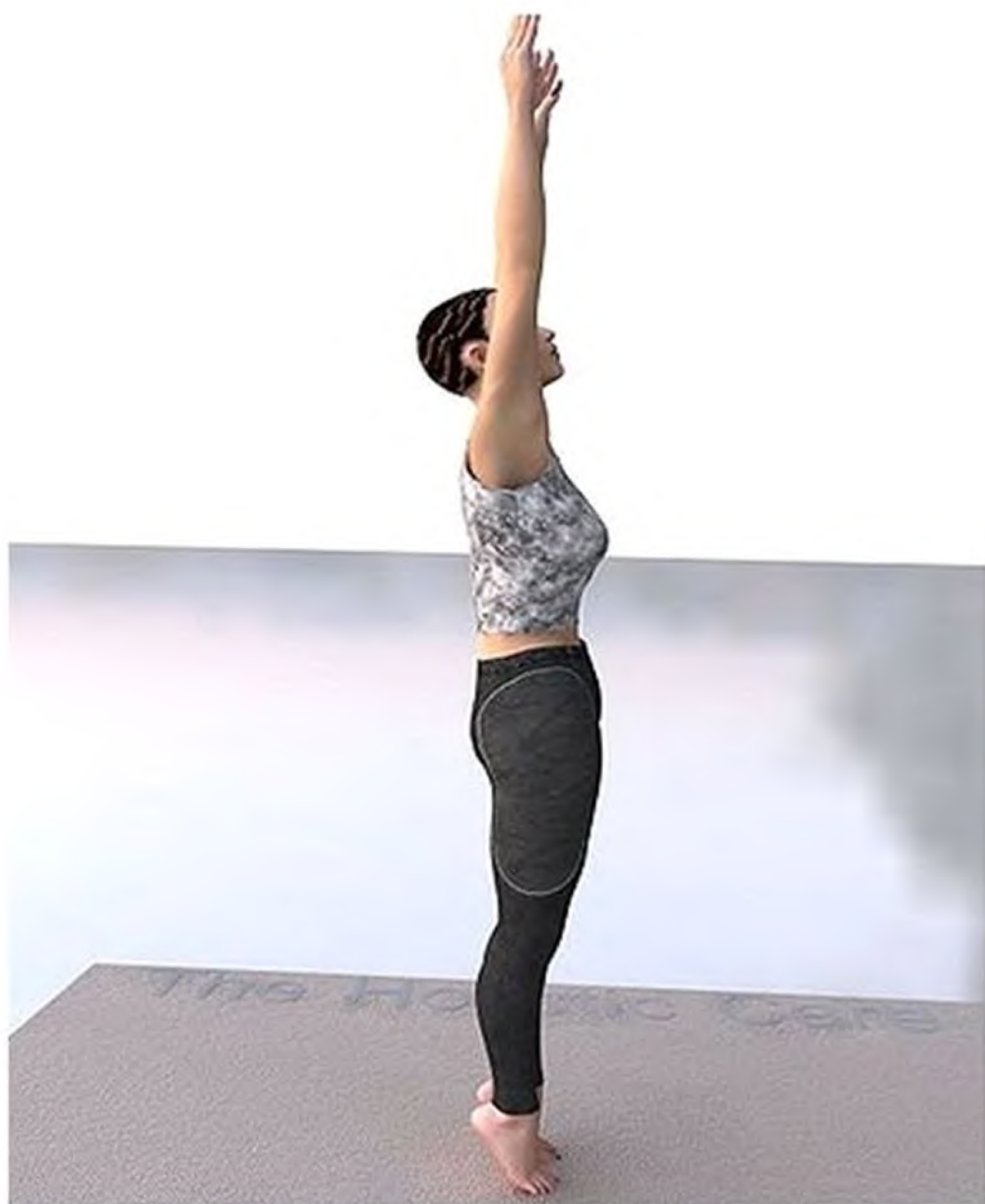


Sphinx

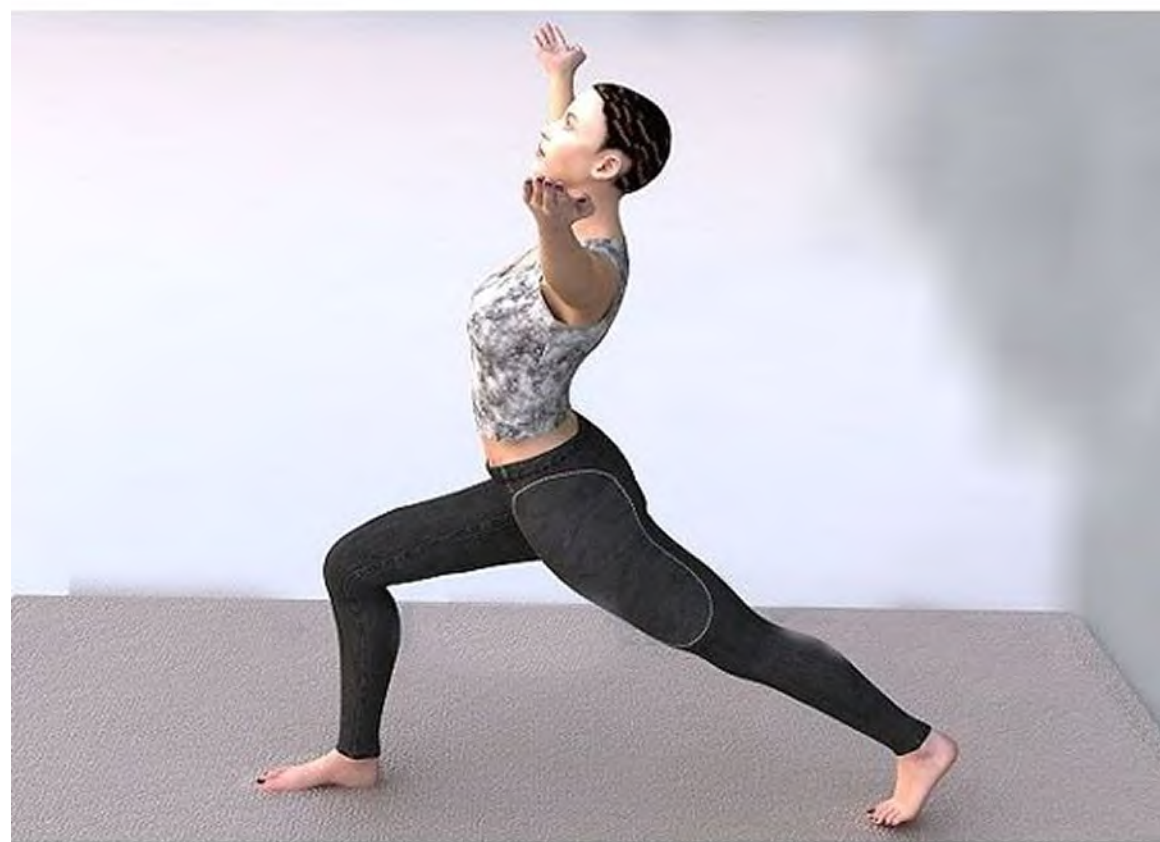


Side Balance





Mountain Pose



Welcome the Sun



Wind Releasing

Intermediate



Bala Child Pose



Behind Scale





The Boat



Calm Tree





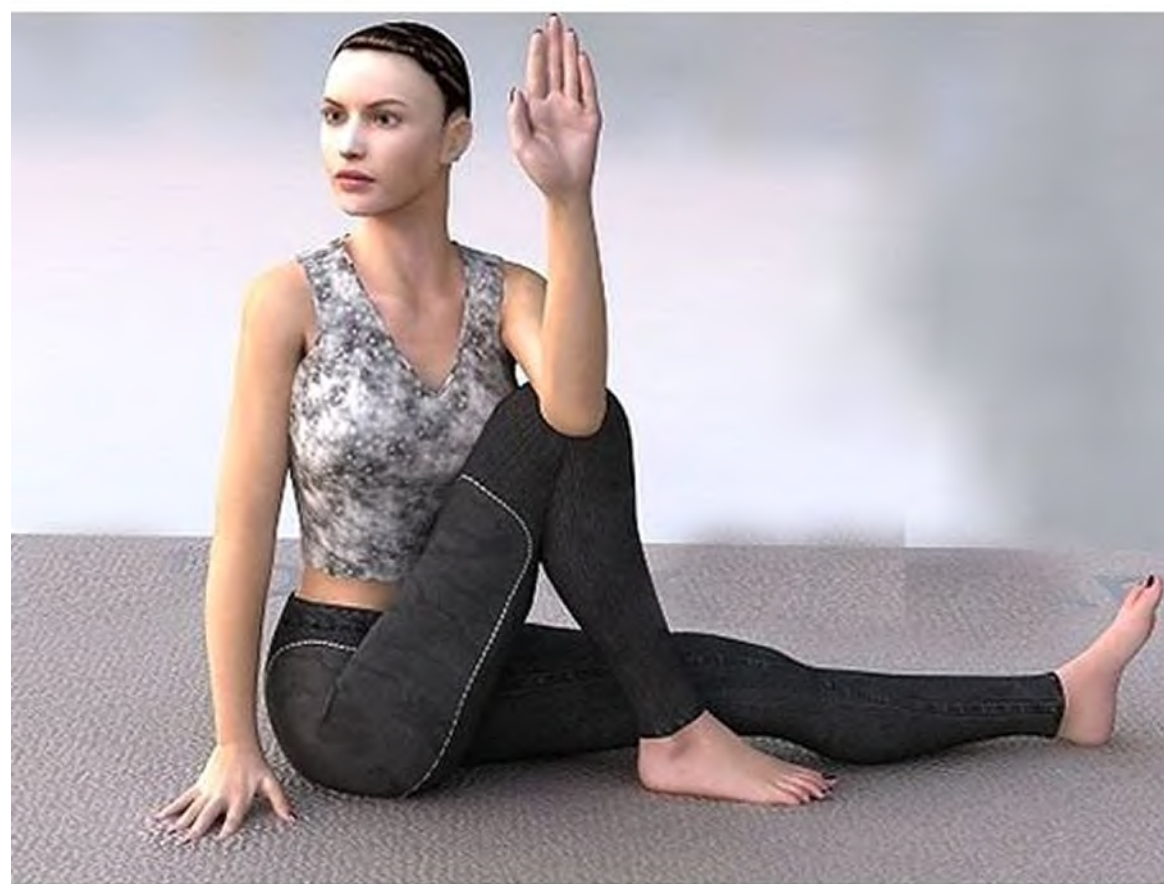
The Half Moon



Half Wheel



Locust

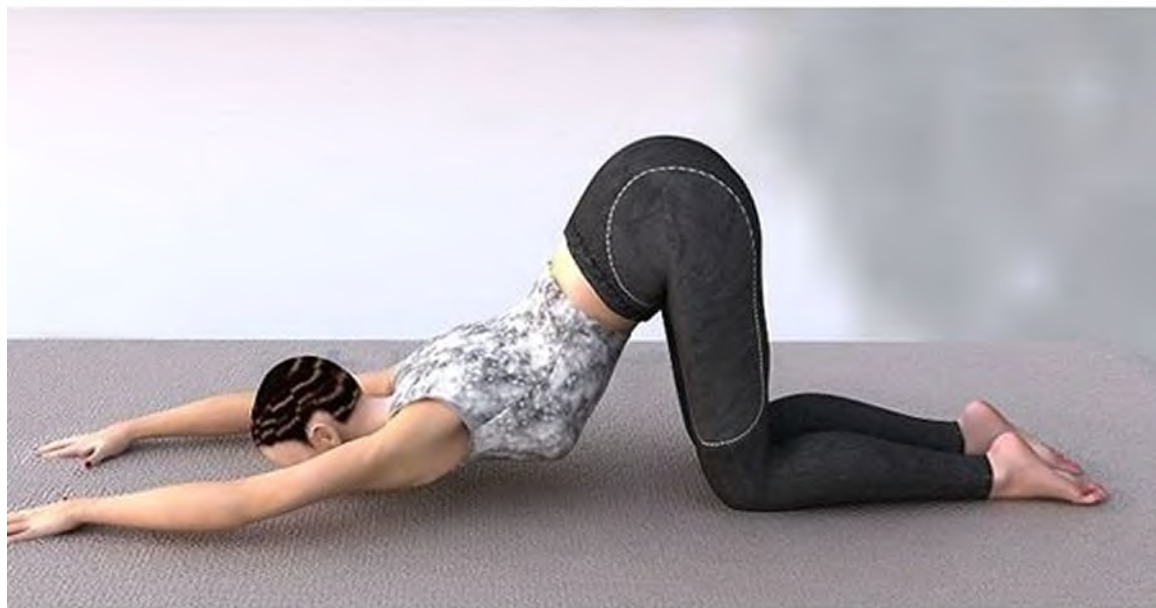


Marichi Pose

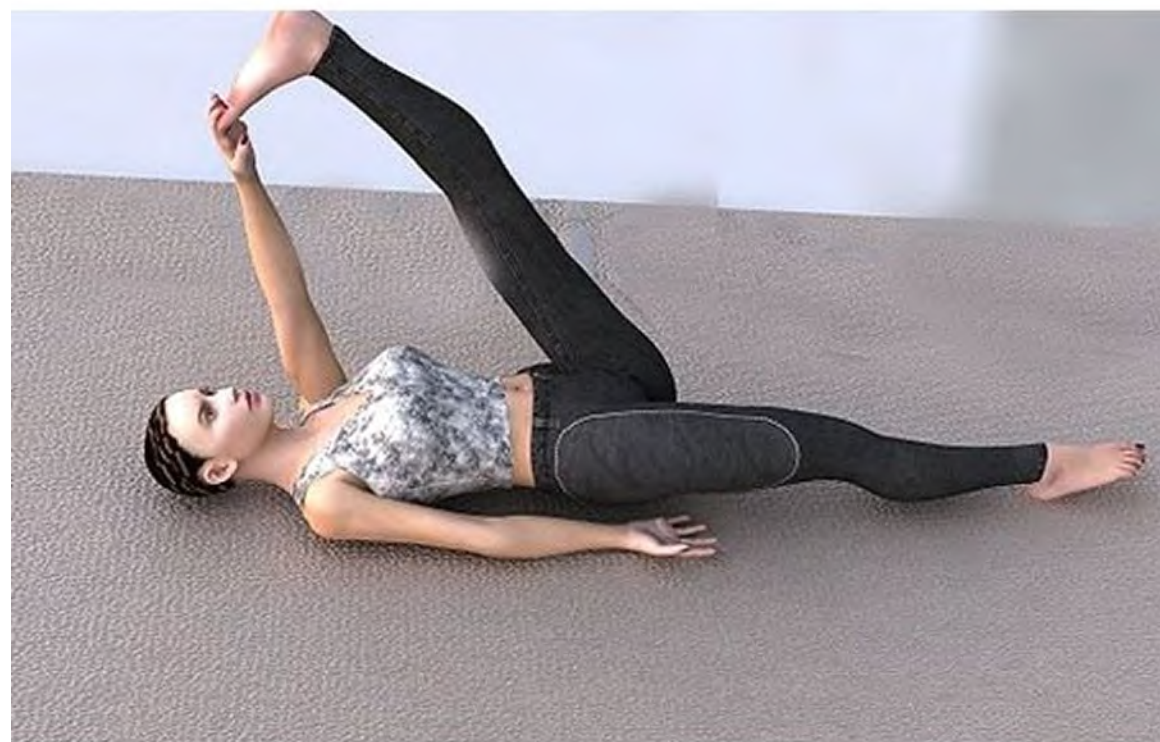


Meditation Pose

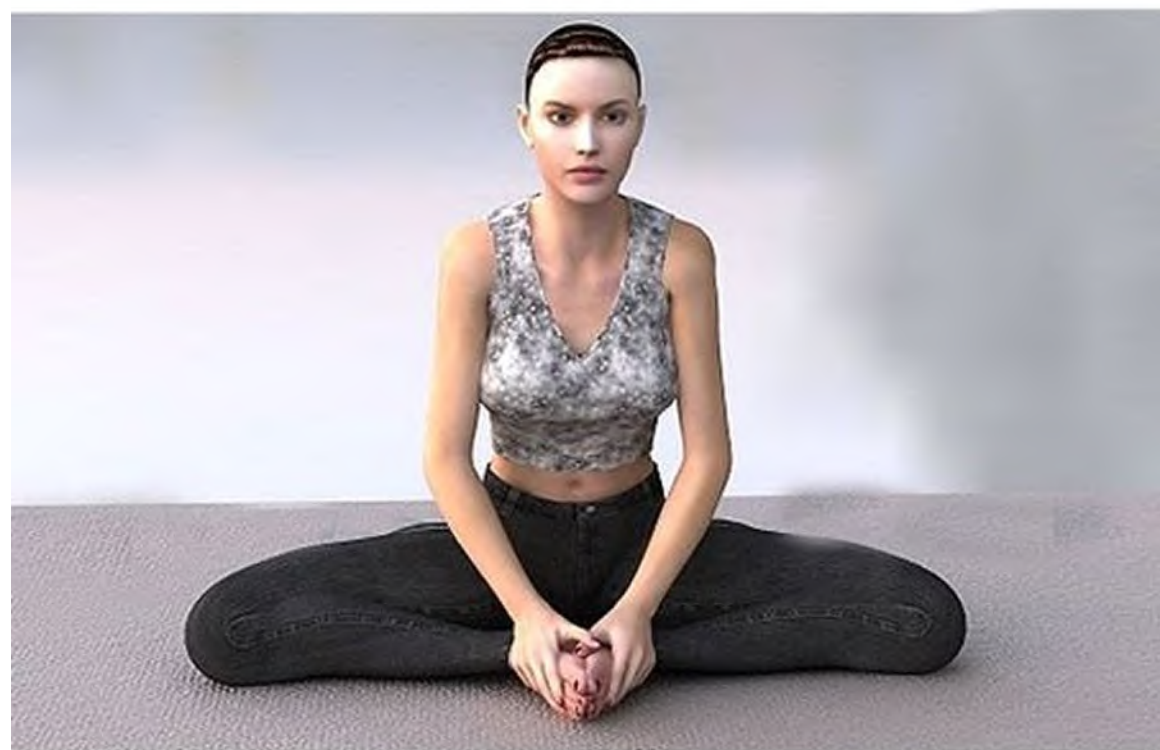




Morning Puppy



Reclined Toe Hold



Restrained Ankle Pose





Scaling



Shoulder Stand



Single Leg Dive



Standing Dolphin

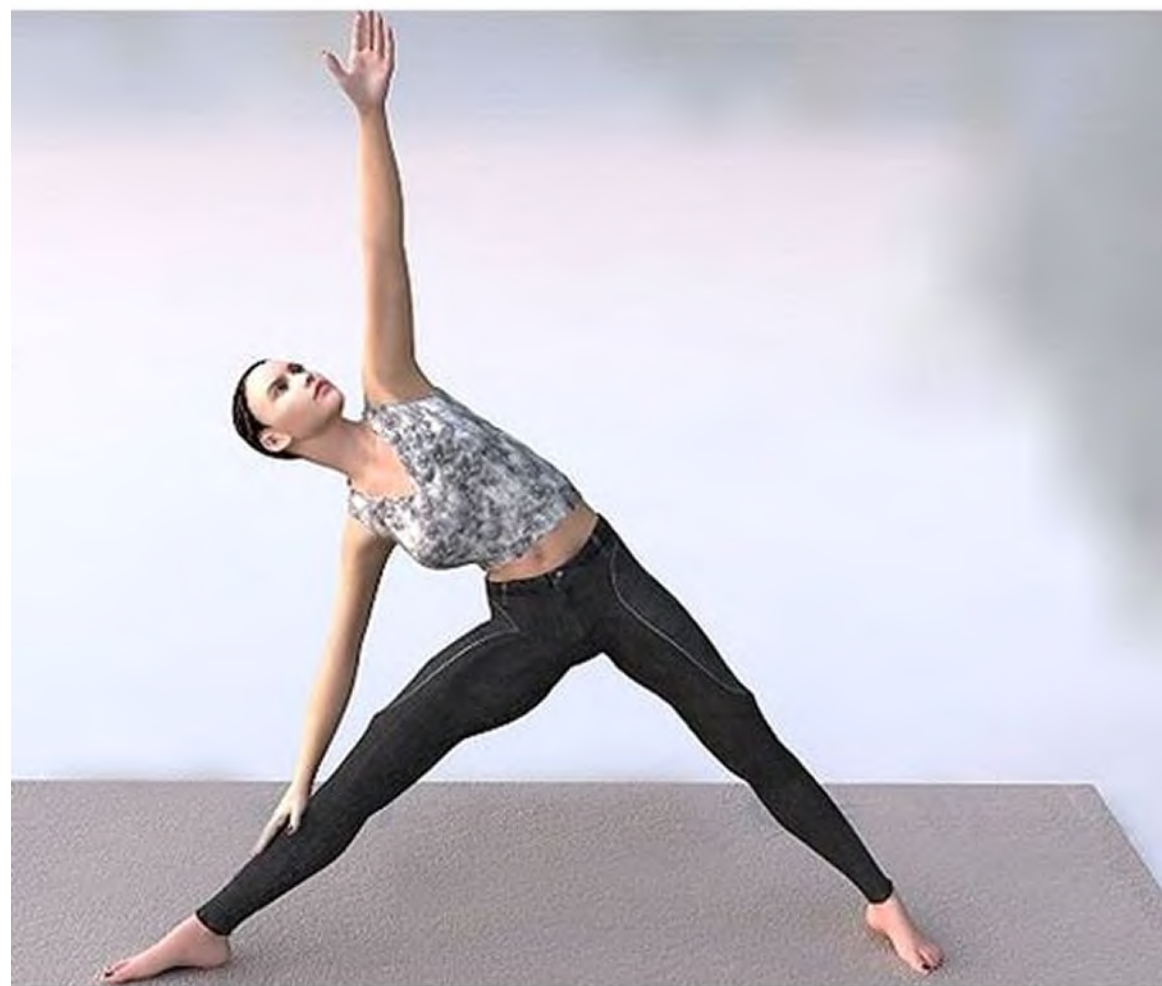


The Cobra





The Simple Bridge



Triangle



Wide Hip Bend



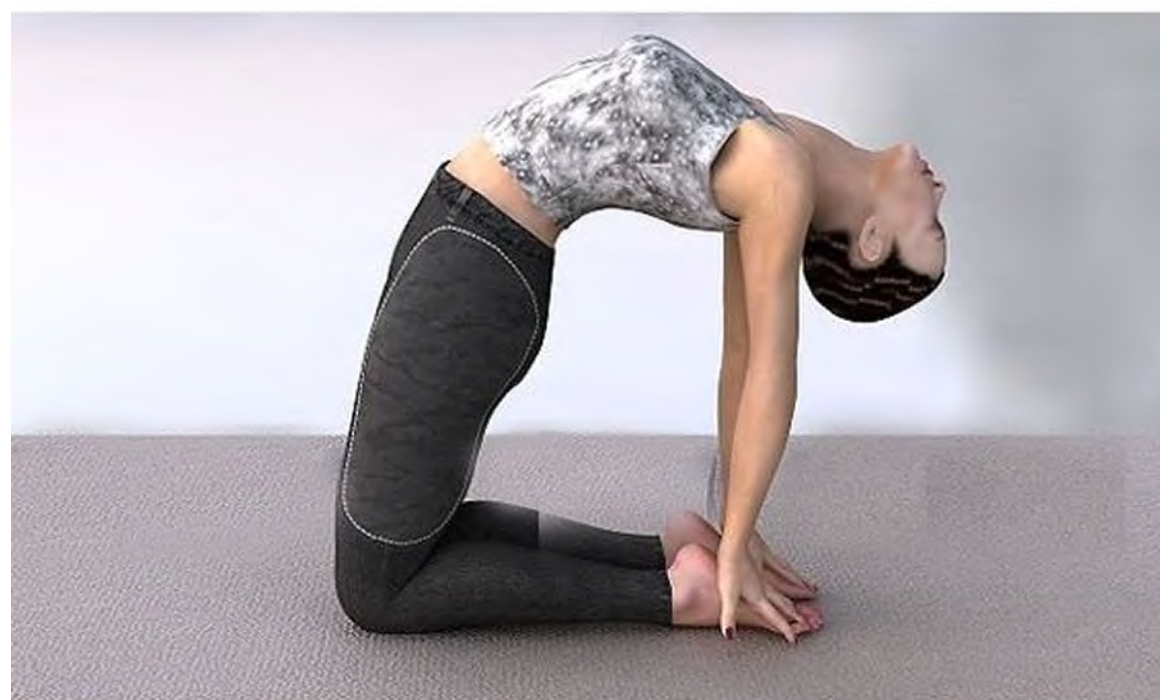


Reverse Plank

Advanced



Balanced Bear

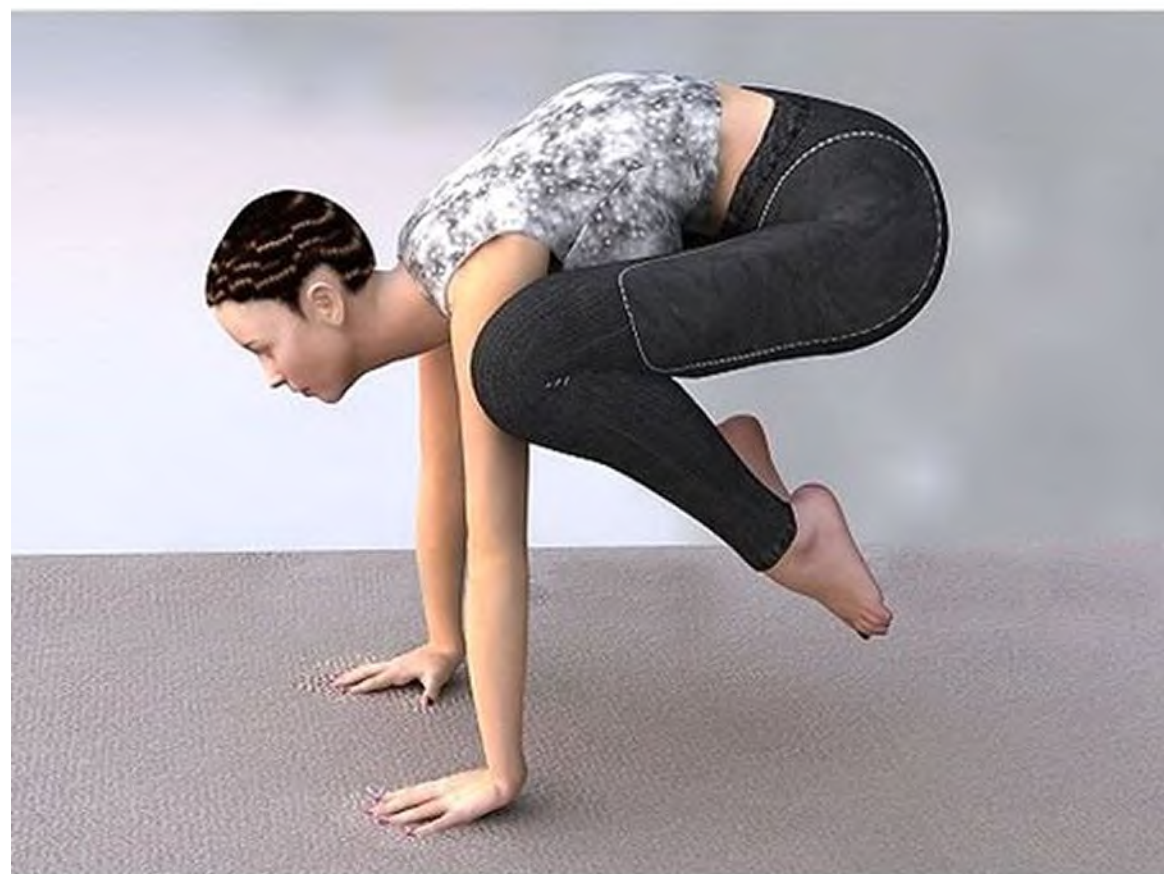


Camel Pose



Closed Upright Bend





Crane Pose



Feathered Peacock

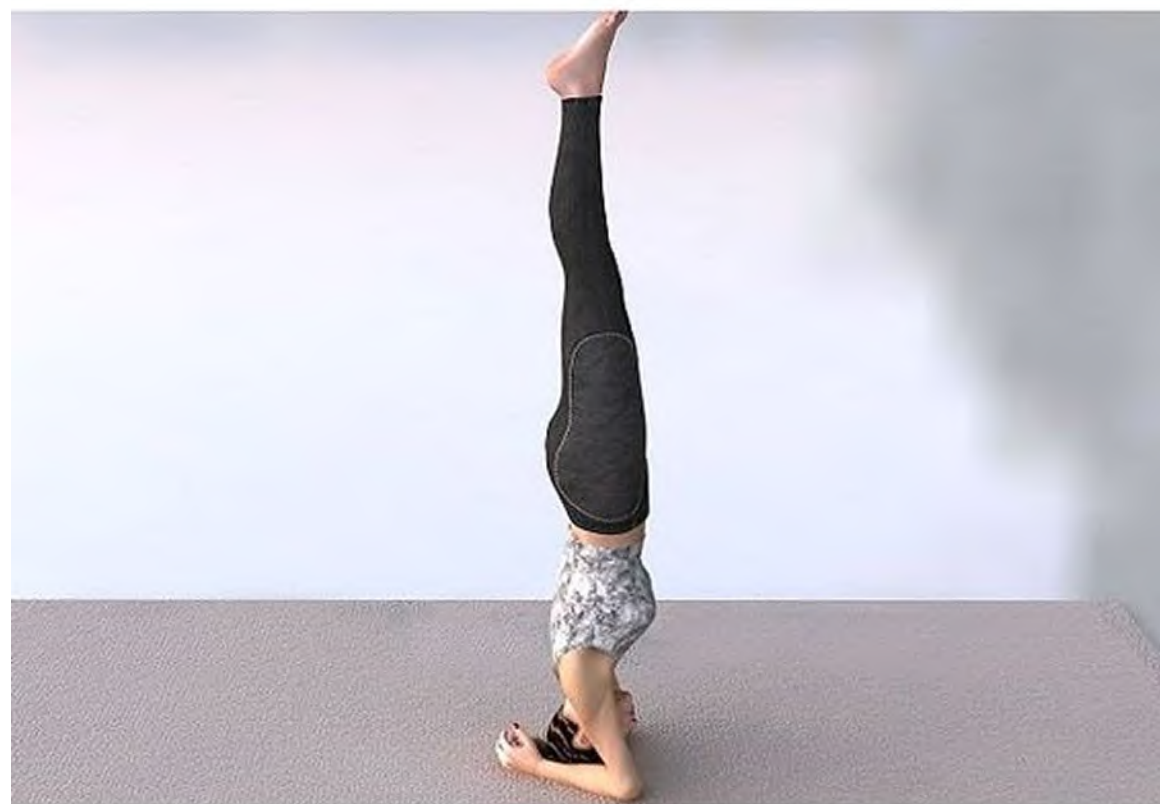


Firefly





Forward Bend Pose



Headstand



King of Dance



Monkey Pose



The Pendant





Revolved Side Angle Pose



Single Leg Dive

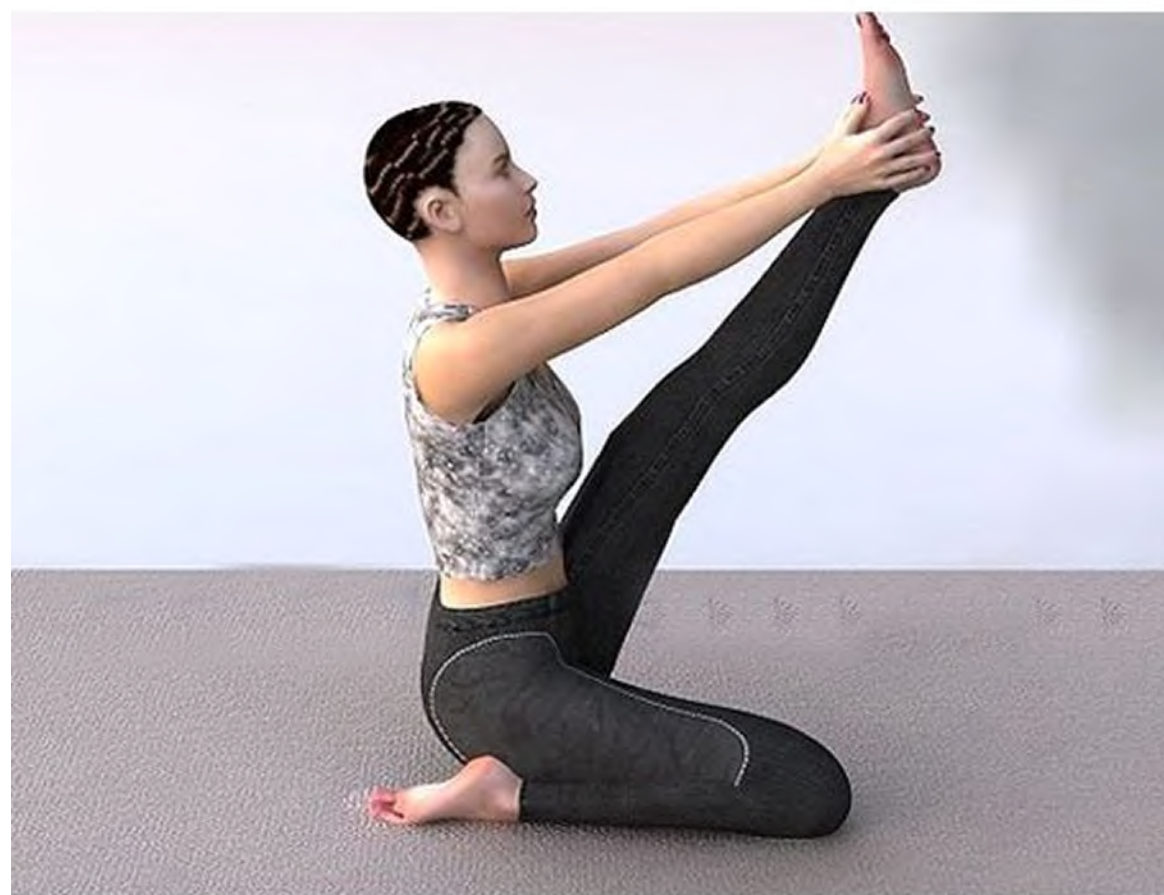


The Scorpion





The Bow



The Heron



The Peacock

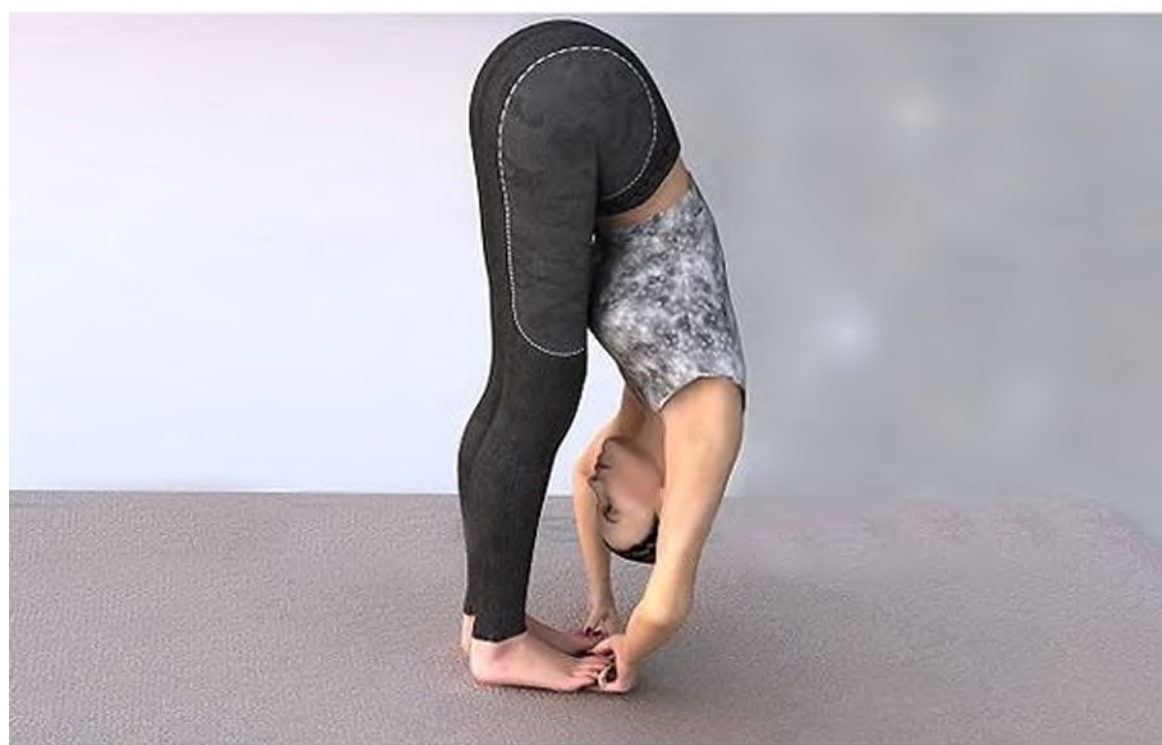


The Plough

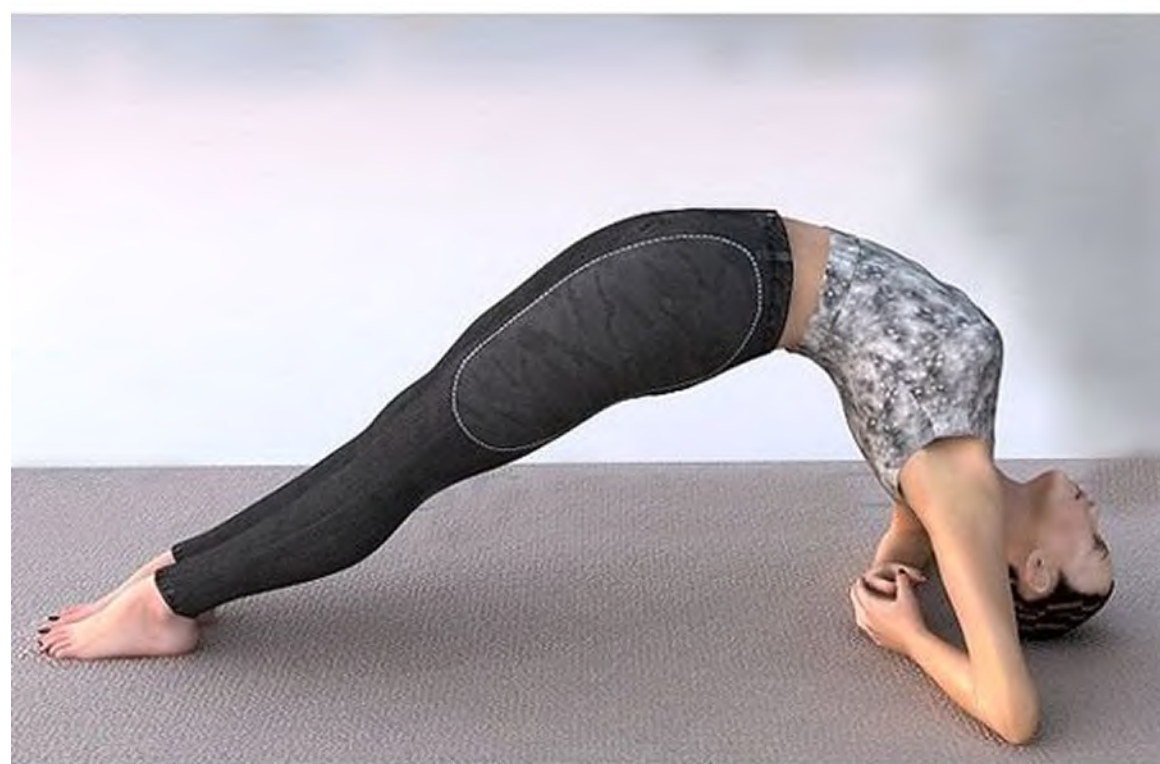


The Wheel





Toe Hold



Two-Foot Staff Pose



## The Routines

Now you've seen all the various yoga poses it is time to shape these into a routine that will help you lose weight, burn fat, find inner peace and strengthen your mind.

Each routine has been specifically designed so that the poses flow fluently into one and other. The routines are also presented so that as the number ascends so too does the difficulty of the routine.

As a beginner I highly recommend you only start with Routines 1-3 for two weeks before attempting to move onto Routines 4-18. The reason I suggest this is because I have designed these routines to gradually increase flexibility, balance and control so that after several weeks you will feel comfortable with the harder poses.

The schedule I suggest is as follows:

Weeks 1 & 2: Routines 1-3

Weeks 3, 4 & 5: Routines 1-9

Week 6: Try any routines between 1-12

After this if you feel comfortable try harder routines.

For each routine I have also provided a brief description which will give more information to you. So dive into the routines now and experiment with different yoga poses, once you feel ready you can start designing your own routines – which is an awesome experience.

## Routine 1

*Repeat 3x holding each pose for 20-30 seconds. Unless specified.*

Mountain Pose

Chair Pose

Downward Dog

Dolphin Pose

Big Cat

Plank

Proud Cow

Downward Dog

Mountain Pose

## Routine 2

*Repeat 3x holding each pose for 20-30 seconds. Unless specified.*

Resting Hands – 2 minute hold

Plank

Proud Cow

Dolphin Pose

Side Balance

Side Balance - alternate side

Sphinx

Wind Release

Wind Release - alternate leg

Half Locust

Half Locust - alternate leg

## Routine 3

*Repeat 3x holding each pose for 20-30 seconds. Unless specified.*

Crouched Tiger

Big Cat

Chair Pose

Forward Lunge

Forward Lunge - Alternate Leg

Welcome the sun

Mountain Pose

Downward Dog

Sphinx

Dolphin Pose

Fish out of Water

Half Locust

Half Locust - alternate leg

Big Cat

## Routine 4

*Repeat 3x holding each pose for 20-30 seconds. Unless specified.*

Crouched Tiger

Big Cat – 45 seconds Chair Pose – 45 seconds Forward Lunge

Forward Lunge - Alternate Leg Half Wheel

Half Moon

Mountain Pose

Half Moon - alternate Leg Morning Puppy

Reclined Toe Hold

Reclined Toe Hold - Alternate Leg Meditation Pose - 4 minutes

## Routine 5

*Repeat 2x holding each pose for 20-30 seconds. Unless specified.*

Resting Hands

Behind Scale

Bala Child Pose

Crouched Tiger

Deep Lunge

Deep Lunge - alternate leg Calm Tree

Chair Pose

Calm Tree - alternate leg Mountain Pose

Downward Dog – 1 minute Triangle

Triangle - Alternate side Wind Release

Wind Release - Alternate Side

## Routine 6

*Repeat 3x holding each pose for 20-30 seconds. Unless specified.*

Resting Hands – 1 minute

Wind Release

Wind Release - Alternate Side

Wide Hip Bend

The Cobra

Meditation Pose - longer

Scaling

Shoulder Stand

Reverse Pose

Standing Dolphin

Single Leg Dive

Single Leg Dive - Alternate Leg



## Routine 7

*Repeat 3x holding each pose for 20-30 seconds. Unless specified.*

Big Cat Bala Child Pose

Boat Balanced Bear Locust The Simple Bridge Wind Release Wind Release -  
Alternate Leg Shoulder Stand Reverse Pose Sphinx Marichi Pose – 45 seconds

Marichi Pose – 45 seconds

Resting Hands – 3 minutes

## Routine 8

*Repeat 3x holding each pose for 20-30 seconds. Unless specified.*

Mountain Pose

Triangle

Triangle - Alternate Leg

The Cobra

Locust

Warrior

Calm Tree

Warrior - Alternate Leg

Calm Tree - Alternate Leg

Half Moon

Half Wheel

Half Moon - Alternate Leg

Restrained Ankle Pose – 1 minute

## Routine 9

*Repeat 2x holding each pose for 20-30 seconds. Unless specified.*

Meditation Pose – 2 minutes

Morning Puppy – 1 minute

Downward Dog

Dolphin Pose

Meditation Pose – 5 minutes

## Routine 10

*Repeat 3x holding each pose for 30 seconds. Unless specified.*

Mountain Pose

Triangle

Triangle - Alternate Leg

The Cobra

Locust

Morning Puppy

Dolphin Pose

Downward Dog

The Plough

The Wheel

Fish Out of Water

## Routine 11

*Repeat 3x holding each pose for 30 seconds. Unless specified.*

Mountain Pose

Toe Hold

Triangle

Triangle - Alternate Leg

Toe Hold

The Simple Bridge

Two Foot Staff – 1 Minute

Wind Release

Wind Release - Alternate Leg

Lie on back

## Routine 12

*Repeat 2x holding each pose for 30 seconds. Unless specified.*

Revolved Angle Pose Revolved Angle Pose - Alternate Leg Single Leg Dive

Single Leg Dive - Alternate Leg Downward Dog

Sphinx

The Cobra

The Peacock

The Bow

The Cobra

Chair Pose

Mountain Pose

Deep Lunge

Deep Lunge - alternate leg



## Routine 13

*Repeat 3x holding each pose for 30 seconds. Unless specified.*

Mountain Pose

Downward Dog

Dolphin Pose

Downward Dog

Crane Pose

Crouched Tiger

Firefly

Fish Out of Water

Forward Bend Pose

Shoulder Stand

Marichi Pose

Marichi Pose - Alternate Side

Morning Puppy

Bala Child Pose

## Routine 14

*Repeat 2x holding each pose for 30 seconds. Unless specified.*

Bala Child Pose

Camel Pose

Crouched Tiger

Closed Upright

Behind Scale

Feathered Peacock

Pendant

Plank

Reverse Pose

Revolved Angle Pose

Revolved Angle Pose - Alternate Side

Side Balance

Side Balance - Alternate Side

Standing Dolphin

Mountain Pose

## Routine 15

*Hold each pose for 30 seconds. Unless specified.*

The Cobra – 1 Minute The Bow

Sphinx – 1 Minute Standing Dolphin Toe Hold

Two Foot Staff

The Wheel

Wide Hip Bend

Wind Release

Wind Release - Alternate Leg The Plough

The Plank – 90 seconds Meditation Pose -3 minutes

## Routine 16

*Repeat 3x holding each pose for 30 seconds. Unless specified.*

Sphinx

The Peacock

The Scorpion

Downward Dog

Head Stand

Locust

Morning Puppy

Pendant

Plank

Resting Hands – 2 minutes

## Routine 17

*Repeat 3x holding each pose for 20-30 seconds. Unless specified.*

Restrained Ankle Pose Scaling

Reverse Pose

The Plough

Two Foot Staff

Wind Release

The Heron

Wind Release - Alternate Leg The Heron - Alternate Leg Chair Pose

Mountain Pose

Half Moon

Half Moon - Alternate Side Half Wheel

Downward Dog

Morning Puppy – 1 Minute Resting Hands – 1 Minute

## Routine 18

*Repeat 3x holding each pose for 30 seconds. Unless specified.*

Marichi Pose

Marichi Pose – Alternate Leg

Mountain Pose

Downward Dog

Half Wheel

King of Dance

Mountain Pose

King of Dance - Alternate Leg Standing Dolphin

The Cobra

The Peacock

The Bow

The Scorpion

Welcome the Sun

Plank

Crane Pose

Crouched Tiger

Closed Upright

Firefly



## Conclusion

So, now you've read through the book and you should be excited to get started practicing yoga.

Throughout the book I've taught you everything you need to know about yoga in order to get started. If you implement what I've taught then you will see vastly accelerated results and be a yoga expert in no time at all.

Don't think your journey is over here though, just because the book is finished doesn't mean you can't read it again. It is my hope that you use this whole book as your "go-to" book when you need yoga advice.

It has been a pleasure writing this book for you and I can't wait to follow along with you on your journey.

Thank you for reading, Jenny

All rights Reserved. No part of this publication or the information in it may be quoted from or reproduced in any form by means such as printing, scanning, photocopying or otherwise without prior written permission of the copyright holder.

Disclaimer and Terms of Use: Effort has been made to ensure that the information in this book is accurate and complete, however, the author and the publisher do not warrant the accuracy of the information, text and graphics contained within the book due to the rapidly changing nature of science, research, known and unknown facts and internet. The Author and the publisher do not hold any responsibility for errors, omissions or contrary interpretation of the subject matter herein. This book is presented solely for motivational and informational purposes only.

Image: Creative Commons “Grand Velas - Yoga and Pilates” File downloaded from Flickr under CC. Image edited by Author and Good Living Publishing.

Images of Yoga Poses: Creative Commons “The Holistic Care Yoga Wiki” by Holistic Care. Used in book in line with Creative Commons rules. File downloaded from Flickr Images edited by Author and Good Living Publishing.