

Sitting Sequence



Easy Seat



Easy Seated Side Stretch



Easy Seated Twist



Staff



Straight Seated Forward Fold

Kneeling Sequence



Cat



Cow



Child's Pose



Downward Facing Dog

Standing Sequence



Ragdoll



Standing Half Forward Fold



Mountain



Warrior 2



Tree

Laying Sequence



Wind Relieving



Reclined Pigeon



Bridge



Reclined Spinal Twist



Corpse

BEGINNER YOGA TIPS

Before jumping into your yoga practice, there are a few things you should think about and to take mental note of to guarantee your success.

1

Listen to Your Body

Your body is going to tell you if you should stop or not push any further. When you feel these signals it means it's time for you to back off because if you don't you may get hurt. The more in tune you become with your body, the deeper you will understand when you should push and when you should stop. The goal is to stay consistent while still practicing safely.

2

Don't Push Too Hard in the Beginning

Overdoing it from the beginning is a sure way to convince yourself to stop practicing. Many people get excited when they start something new. It is good to be excited, but when you push yourself to exhaustion, you won't want to continue with it. The key to working out and staying consistent everyday is to just do enough so you want to do more tomorrow.

3

Use Props When You Need Them

Using props is not cheating. This isn't some type of competition where you need to prove to yourself that you don't need any help getting into these poses. Props are used to enhance your practice and support you. Understanding when you need to use a prop will be based on your body type and how flexible you are.

4

Modify Poses Accordingly

Each of our bodies are different and trying to get into a pose that you see someone else in doesn't mean you have to look exactly like that. It's okay if you need to bend your knees a little in Downward Dog because your hamstrings aren't that flexible yet.

5

Always Warm Up Your Body

Warming up your body is important before you start any type of workout because it reduces the chances of you getting injured. Sun Salutations are a great way to warm up your body and we also include a few other warm up routines for you to choose from.

6

Stay Consistent

Nothing is going to be handed to you, you have to earn it. If you want to learn to develop any habit, this is the one you want. Staying consistent and working on your practice multiple times a week is how you are going to get the results you want. The secret to many questions we ask about how to achieve something usually falls in line with staying consistent.

BEGINNER YOGA TIPS

(CONT.)

Don't Rush

Do not rush the process of getting your body to where you want it to be. Rushing will only cause more delays and it increases your chances of getting injured. The quickest way to achieving what you want is with patience, diligence, and consistency.



7

Your Nutrition is Directly Related To Your Practice

If you are trying to achieve a certain level of flexibility or weight loss and you are eating cookies everyday, your results are going to be greatly delayed. Eating healthy will not only make your body much healthier, but you will start to feel much happier as well.



8

Don't Compare Your Journey To Someone Else's

This is important because this is one of the most common reasons why people stop. They see someone else that starts yoga and within a week they can touch their toes and get into Crow. We all have different bodies and we are all at different stages with our bodies and practice. Please avoid comparing yourself and realize that you are amazing and focus on what works for you.



9

Love Your Body

Many people that bash themselves and look at themselves in a negative light tend to make more mistakes when it comes to their health. Loving yourself will give you the energy to keep moving forward, to keep going to your mat and eating healthy. The best way to love yourself is to take care of yourself.



10

Stick With What Works For You

If you have a specific way that you like to warm up your body and you know that it makes you feel good, stick with that. If you want to adjust a routine or add a pose because it makes you feel good, do it! Create a foundation first with understanding your body and as time goes on start to take note of what makes you feel good and what doesn't. Everything is an experiment and a gateway towards understanding yourself on a deeper level.



11

Have Fun!

Learning to have fun and enjoy your practice will keep you coming back to your mat over and over again. This is the only body you are given, appreciate and enjoy what you have to work with.












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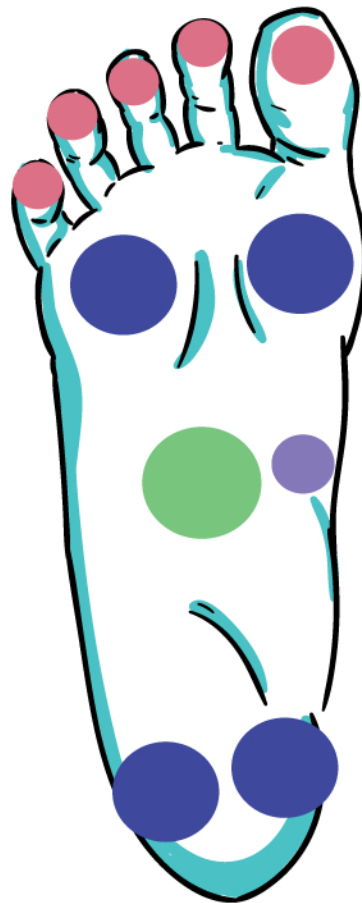
HANDS + FEET PLACEMENT

Yoga poses start from the ground up. Having proper hand and foot placement is so important for developing a strong base for stability, and avoiding wrist, hip and knee pain. Below are two simple diagrams for you to refer to when practicing your poses.



-  firmly press into mat (primary pressure points)
-  press into mat (secondary pressure points)
-  visualize as suctioning up away from the floor
-  do not let lift off of mat
-  do not let weight collapse here

-  toes spread and firmly planted on ground
-  keep area lifted
-  visualize as suctioning up away from the floor
-  ground weight evenly



WRIST EXERCISES

Wrist pain is common among beginners who are not mindful of how delicate their wrists can be. Having proper hand placement will greatly decrease your chances of getting injured (diagram on previous page).

Another way to avoid wrist pain or to reduce the pain you currently have is to strengthen and stretch your wrists. Below are a set of exercises you can practice before you move into your sequences.

Wrist Rolls

1. In a standing position, interlock your fingers in front of you at chest height and keep your shoulders relaxed (**Figure 1.1**). Imagine there is a small ball in between your hands while your palms are touching to help you create space.
2. Start rotating your wrists in one direction. By doing this your forearms will act like pistons as you rotate them (**Figure 1.2**). Rotate 15 times in one direction and 15 times in the other direction.

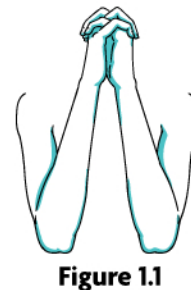


Figure 1.1



Figure 1.2

Prayer Hands Flip

1. Bring your hands together with your fingers pointed into prayer hands. Slowly start to bring them with fingers pointed up towards the sky until you feel a nice stretch in your forearms and wrists (**Figure 2.1**). Hold it here for 20 seconds.
2. Next try to do a reverse prayer with your fingers pointed down by slowly rotating your hands downward until you feel a stretch in your forearms and wrists (**Figure 2.2**). Be gentle with this stretch because it is more intense. Hold for 20 seconds then repeat 3 times.

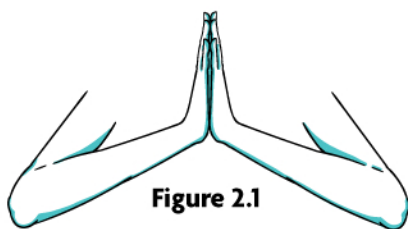


Figure 2.1

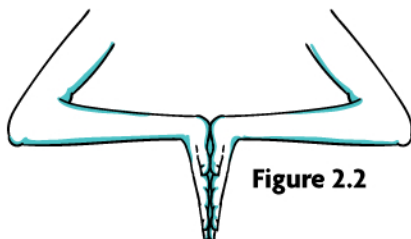


Figure 2.2

WRIST EXERCISES

(CONT.)

Shake It Out

1. Keep your hands loose on your sides. Only use your shoulders and upper arms to shake out your forearm and hands.
2. The goal is to stay loose and relaxed to help shake off any tension you may be feeling. Shake it out for 20-30 seconds.

Flex + Extend Fingers



Figure 3.1



Figure 3.2

1. Stand or sit with both your arms hanging loose at your sides. Make a fist with both hands. Make sure the fist is tighter than a loose fist but not so tight that your hands are stiff (**Figure 3.1**).
2. Open up your hand and extend your fingers so that your tendons are visible (**Figure 3.2**).
3. Start off by doing 10 to 15 reps. If you feel like you can do more keep opening and closing them until you get tired. As your hands get stronger, build up to 50-100 times to really strengthen your hands.
4. Start off by opening and closing your hands slowly (2-3 seconds per open + close) and then eventually build up to opening and closing your hands 2-3 times per second.

****If you have weak hands or experience pain in your wrists, it is highly recommended that you do each of these activities before you start your yoga practice and on the days you don't do yoga.**