

Move Your Body Every Day!!

*Tips to Help Anybody Start a
Daily Yoga Practice*



"If you can breathe, you can do yoga!"

Every person who practices yoga started as a beginner. They may not have been flexible, in the best shape, or even had body awareness. But what they did do was start!

You can too!

I believe yoga is for everyone and everyone can do yoga. There are many different styles of yoga so I hope you will find one that works for you and your body.

This guide will teach you some of the benefits of yoga and help you to start your own yoga practice.

Start Now!!!

There may never be a 'right time,'
so just
Begin.



*“Yoga is not about touching your toes, it’s about what you learn on the way down.”—
Unknown*

Benefits of Yoga

- Reduces Stress/Anxiety
- Helps you to develop strength and flexibility
- Helps to improve your posture
- Can help to alleviate pain
- Improves bone density
- Helps to calm both body and mind



"Life isn't measured by the number of breaths we take, but by the moments that take our breath away". – Author Unknown

Begin with Your Breath

One of the best ways to begin your yoga practice is with concentrated deep breathing. You will probably notice a subtle shift or change in how you feel after just a short breathing practice.

- Sit in a comfortable seated position or lay on your back
- Place your hands on your belly
- Inhale and feel your belly rise, exhale and feel the navel move towards the spine
- Repeat 8-10 times
- Check in to see how you feel



8 Easy Poses for the Beginner

These simple poses will help you move and build strength throughout your body.

Hold each pose for 5-8 breaths.

This is a great place to start and perfect for a shorter practice when you can't make it to class - or for a pre-class warm-up. These are also perfect poses to use as a prelude for other exercise.

Use this [link](#) to be guided through the poses

1. Child's pose
2. Cat/Cow
3. Lunge
4. Standing Forward Fold
5. Chair Pose
6. Tree Pose
7. Lying Down Twist
8. Savasana



"The success of Yoga does not lie in the ability to perform postures but in how it positively changes the way we live our life and our relationships." ~T. K. V. Desikachar

Props

Having the right props can help make your yoga practice a little more accessible. The good news is, you don't need a lot to get started. I have provided links to my favorites, but there are many other options out there.

- Yoga Mat - <https://amzn.to/3FihbEC>
- 2 Yoga Blocks - <https://amzn.to/3qdM1tP>
- Blanket or Beach towel - <https://amzn.to/3HLZz5E>
- Strap or belt - <https://amzn.to/3qcM5dd>



A Few Tips

Be Consistent

Consistency is key to getting the results you desire and to see growth. Commit to spending at least 5-10 minutes on your mat every day. Put it on your calendar as an appointment with yourself that cannot be rescheduled.

Listen to Your Body

When we want to see changes in our body, we may push ourselves too far. Give yourself grace, have patience, and listen to your body. Your body will tell you when enough is enough or when less is more.

Acceptance

Accept where your body is right now. It takes time to build strength and flexibility and to see change. Know that you are where you are meant to be at this moment.

Stay Present

Your yoga practice can be a moving meditation. Use your breath to relax and be in the moment. Being aware of your breath will help you stay more present.

Use Your Props

Your yoga props (blocks, blanket, and strap) are tools to help support you in your yoga practice. I often say, "Just as you need scissors to cut paper, you will sometimes need your yoga props to help you with your poses." The props will help to make the yoga practice more accessible for you and really help you to evolve and make progress.



"Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip-toe if you must, but take the step."-Unknown

Our Offerings

From beginning students to experienced practitioners alike, we're on a mission to help you access all of the wonderful benefits yoga has to offer.

ONE-ON-ONE (PRIVATE LESSONS)

We specialize in private sessions customized to your unique needs and wellness goals.

GROUP CLASSES

Practice in-person in our boutique studio location, outdoors, or online live-stream classes in the comfort of your home.

LIVE-STREAM/ON-DEMAND

Are you looking for flexibility and support when you need it, on your schedule? Access our on-demand classes and digital library with over 100+ videos and premium content to guide you each and every day.

WE ARE HERE TO SUPPORT YOU!!

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