



A GUIDE

TO

START



YOGA FOR BEGINNERS



A JOURNEY TO WELLNESS

WHAT IS YOGA?



Yoga is more than just stretching! It's a practice that connects your mind and body. With roots going back centuries, yoga combines physical postures, breathing techniques, and meditation to help you find balance, strength, and inner peace.



BENEFITS OF YOGA



Ready to feel amazing? Yoga can increase your flexibility and strength, melt away stress, sharpen your focus, improve your sleep, and even boost your mood.





WHAT IS YOGA?

Starting your yoga journey is easy! All you need are comfortable clothes that let you move freely, a yoga mat for cushioning and grip, and a quiet space where you can focus on your practice.

“Most importantly, bring an open mind and a willingness to learn!”

YOUR FIRST POSES

Mountain Pose

Stand tall like a mountain, feet together, arms relaxed at your sides.

Downward-Facing Dog

Make a V-shape with your body, hands and feet on the mat, hips reaching up to the sky.

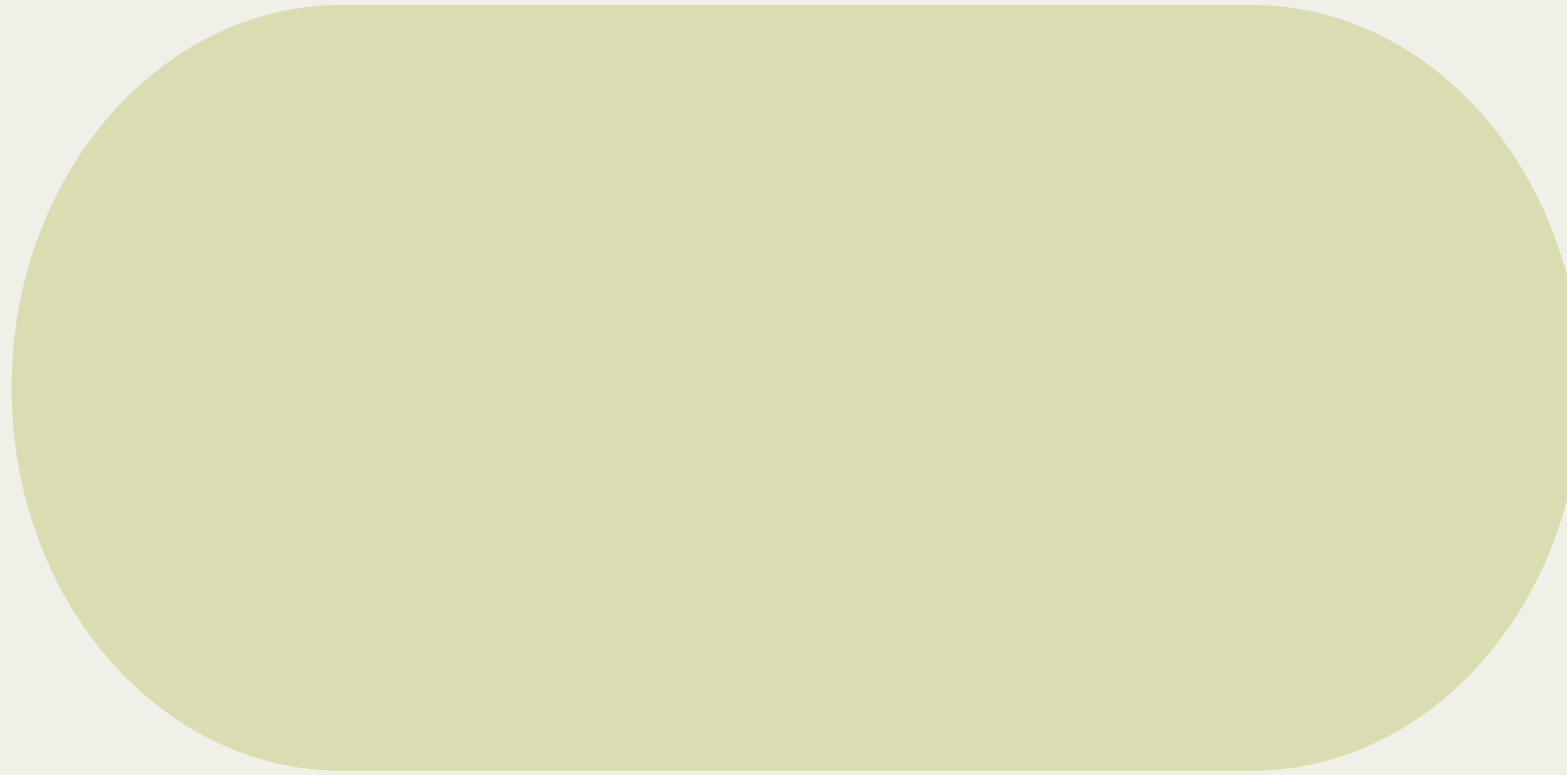
Child's Pose

Knees wide, big toes touching, and forehead gently resting on the mat.

Triangle Pose

Stand with feet apart, one arm up, one down, making a triangle with your body.





BREATHING MATTERS

Your breath is your anchor in yoga. Breathe in deeply through your nose, filling your lungs, and exhale slowly through your mouth.

Breathing helps you relax, connect with your body, and deepen your practice.





BE KIND TO YOURSELF



Yoga is a journey, not a race. Listen to your body and don't push yourself too hard, especially as you're starting out.

It's perfectly fine to modify poses or take breaks whenever you need them. Remember, yoga is about feeling good!



FINDING A CLASS

(OR GOING ONLINE!)



Ready to dive deeper?

You can join a class at a local yoga studio to learn from experienced teachers and connect with other yogis. Or, explore the convenience of online classes and apps, which offer a wide variety of styles and levels.

STICK WITH IT!

The key to enjoying the benefits of yoga is consistency. Start with short sessions a few times a week and gradually increase the duration as you feel stronger.

Find a time that fits your schedule and make yoga a regular part of your routine.





THANK YOU



YOGA

FOR

BEGINNER

