

Tips for Beginners to Yoga

- Dress comfortably, refrain from using heavy fragrances and please turn cell phones off.
- Do not eat anything heavy in the two hours before yoga practice.
- Yoga class begins with a centering and then flows into warm-ups, breathing techniques, postures and/or vinyasas (flows of postures). Yoga class ends with several minutes of shavasana (relaxation) and breathing.
- Feel free to ask any questions you may have before or after class.
- The language in which the names of the poses are spoken in is Sanskrit, an ancient Indian language.
- You may stop and watch in class if that makes you feel more comfortable.
- **Always listen to what your body tells you.**
- Please, never go to a place of pain, but do allow yourself to feel stretch and sensation.
- Let go of comparing yourself to others; release your self-judgment. Do not force yourself to be flexible or strong; both will come in time.
- Be patient.
- *Enjoy and breathe.*

Objectives for the First Ten Weeks of a Yoga Program

1. Strengthen and stretch the spine and legs
2. Improve circulation
3. Begin to limber the hips and knee joints
4. Learn to coordinate breath with the poses
5. Improve kinesthetic sense
6. Improve balance and coordination
7. Stretch major muscle groups
8. Begin to communicate with your body
9. Improve respiration and oxygenation
10. Learn to breathe correctly and completely
11. Practice using breath to reduce stress reactions
12. Stretch and strengthen breathing musculature
13. Practice extension and control of the breath
14. Refresh and recharge your mind
15. Learn to relax at will
16. Recognize and release muscle tension
17. Practice observation and control of the sensory input and other mental activities
18. Explore detachment from emotional stress reactions
19. Improve concentration



Be aware of the movement of energy through your body.

In challenging poses ~ postures ~ visualize your energy body moving into the shape you want your physical body to achieve.

Rather than focusing on what is wrong in each posture, appreciate your ability to enter the poses at your own level.

Postures are tools for exploring yourself, not goals that you are trying to achieve.



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