

Yoga Kit

Included in this Kit:

- 5 Mats



- 10 Yoga Blocks



- 1 bottle of Cleaning Spray



- 5 Microfiber Cloths



Yoga for Beginners

Yoga Health Benefits

From improving strength and flexibility to helping manage stress, the benefits of regularly practicing yoga are vast, but the specific benefits you experience will differ based on the type of yoga you do, according to Peloton Yoga and Meditation Director,

Ross Rayburn. "Alignment-based yoga can help with strength, flexibility and functionality, while meditational or devotional types of yoga can yield myriad benefits relating to mental and emotional health," he says. Some generally well-established yoga health benefits include:

Improved flexibility and balance

Weight management

Increased strength and muscle tone

Injury prevention

Enhanced body awareness

Help with pain management

Stress relief

Manage chronic disease symptoms

Beginner Yoga Tips



If you're brand new to yoga, Rayburn says that taking a class specifically designed for beginners is ideal so you can learn proper form at the very beginning of your yoga journey. In general, you'll want to take your time with the movements and go slow, as the practice is designed to be mindful and purposeful in movement.

If your first class doesn't go as well as you wanted it to, don't get discouraged. "Don't fall into the trap of thinking that 'yoga is not for me' just because your first class is not the best experience," he says, adding that it may take a few classes to find an instructor that resonates with you and inspires you to practice regularly. Once you find the right class format and instructor, you'll start to feel more empowered by the yoga experience.

While you may be tempted to go hard in the beginning, it is crucial to listen to your body and know your limits. "Notice if you're not able to breathe deeply," suggests Rayburn. "The breath can be a great guide for slowing down, modifying or taking a rest." Also try to differentiate between feeling discomfort versus feeling acute sensations and pain. You can always return back to downward facing dog or child's pose whenever you need to reset during class.

Yoga Gear for Beginners

Most yoga studios provide equipment, but check in advance to see if you'll need to bring anything to class. You may want to take your own mat for hygiene purposes, or if you have a particular preference on style and thickness. Some yoga studios will provide accessories for you, but if you're practicing yoga at home through a **yoga app or online class**, then you'll want to consider having a few things on hand:

- **Yoga mat:** The right yoga mat can make a tremendous difference in your yoga practice. You'll want to consider a few factors like firmness, thickness, size and materials.
- **Yoga blocks:** Props like **yoga bolsters** or blocks can provide support and assist you in maintaining proper alignment during certain poses. You can place them in low, medium or high positions to accommodate for the level of support that you need.
- **Yoga strap:** Straps can be an incredibly versatile yoga accessory to provide support through different poses and also assist with stretching and flexibility.

Best Yoga Poses for Beginners

When it comes to the best poses for beginners looking to start a yoga practice, Rayburn suggests starting with any of these common poses — try flowing through the sequence below to create a complete yoga workout at home.

Pro tip: Take your time and hold each movement for a few breaths before moving on to the next one.

1. Child's Pose (Balasana)



This foundational pose can be relaxing and serve as a great reset during a class. If you ever need a second during your flow to regroup, you can always come back to child's pose.

How to:

1. Start kneeling on the floor and bring your big toes together. Sit on your heels and separate your knees out wide.
2. Exhale as you fold forward and rest your torso down between your thighs.
3. Rest your arms along your thighs or alternatively reach your hands out towards the front of your mat for an Extended Child's pose.

2. Downward Facing Dog (Adho Mukha Svanasana)



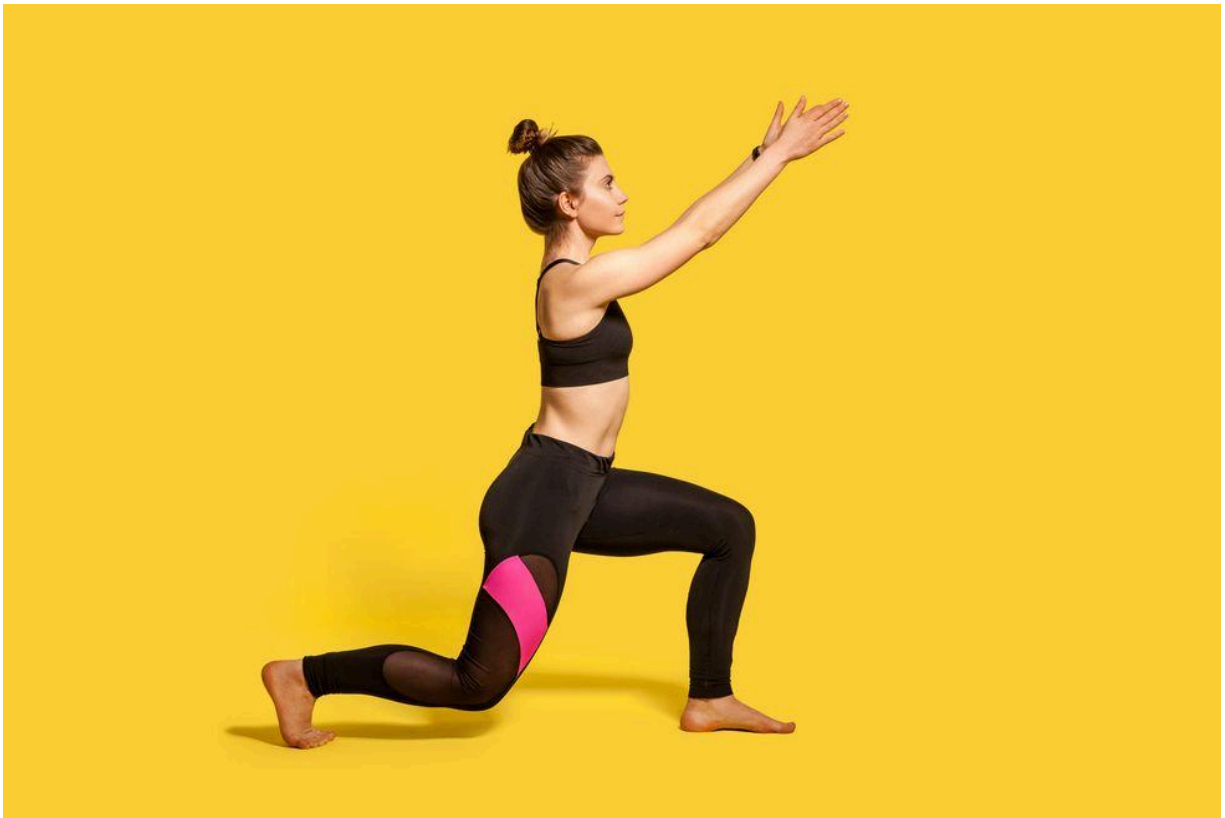
Downward facing dog may be one of the first poses you'll learn in any yoga class, since it is an important part of many yoga practices. It's one of the main poses during sun salutations and something you can return to throughout class, as well.

How to:

1. Begin on your hands and knees with wrists under shoulders and knees in line with hips.
2. Spread your palms and fingers into the mat as you root down through your hands.
3. Curl your toes under and exhale as you gently lift your knees off the floor.

4. Focus on lengthening your tailbone and lifting your pelvis towards the ceiling. Gently straighten your knees as able to without locking out completely. Pull your shoulders back towards your hips.

3. Low Lunge (Anjaneyasana)



Another favorite pose of Rayburn's, this one is great for stretching the lower body and opening up the chest.

How to:

1. Begin in downward facing dog. Exhale as you step your right foot forward in between your hands with the right knee over the right heel.
2. Lower your left knee to the mat and slide that left leg back until you feel a gentle stretch through the front of the left thigh.

3. Inhale as you sweep your arms out to the sides and lift your torso up, reaching your fingers towards the ceiling and drawing the tailbone down to the floor. Be sure to repeat on the opposite side.

4. Cobra Pose (Bhujangasana)



This pose, also common in sun salutations, is ideal for improving posture as backbends are great for counteracting prolonged sitting.

How to:

1. Begin by lying face down flat on the mat with your palms flat on the mat near your shoulders.
2. Inhale as you lift your head and chest off the floor, rolling your shoulders back and down. Keep your elbows slightly bent and close to your sides.

5. Chair Pose (Utkatasana)



This powerful pose is great for strengthening the legs, arms and core.

How to:

1. Stand tall and inhale as you raise your arms straight overhead. Your biceps should be slightly in front of your ears and palms should face inward.
2. Bend your knees as you exhale, aiming for thighs to be parallel to the floor.
3. Hold the pose for 30 seconds up to a minute.

6. Extended Side Angle Pose (Utthita Parsvakonasana)



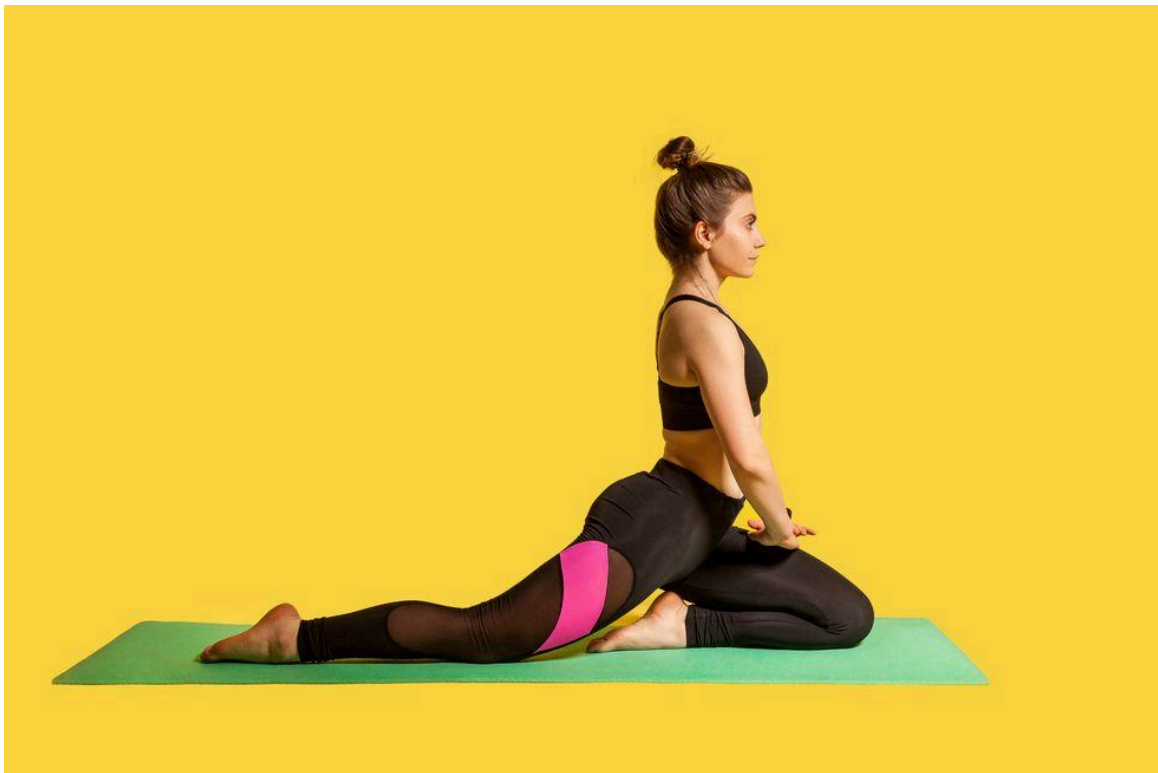
This empowering pose increases balance and strength. If you can't reach your fingertips all the way to the ground, consider utilizing a yoga block.

How to:

1. Begin standing tall with feet about four feet apart. Turn the left foot out 90° and angle the right foot in slightly. Place arms in a "T" position with palms facing down.

2. Bend your left knee so that your left thigh becomes parallel with the floor. Hinge at the hips to bring your left arm towards the floor and place your left fingertips on the ground or on a block.
3. Extend the right arm up over the right ear with your palm facing down and turn your chest towards that raised arm. Hold the pose for 30 seconds to a minute, then perform on the opposite side.

7. Pigeon Pose (Eka Pada Rajakapotasana)

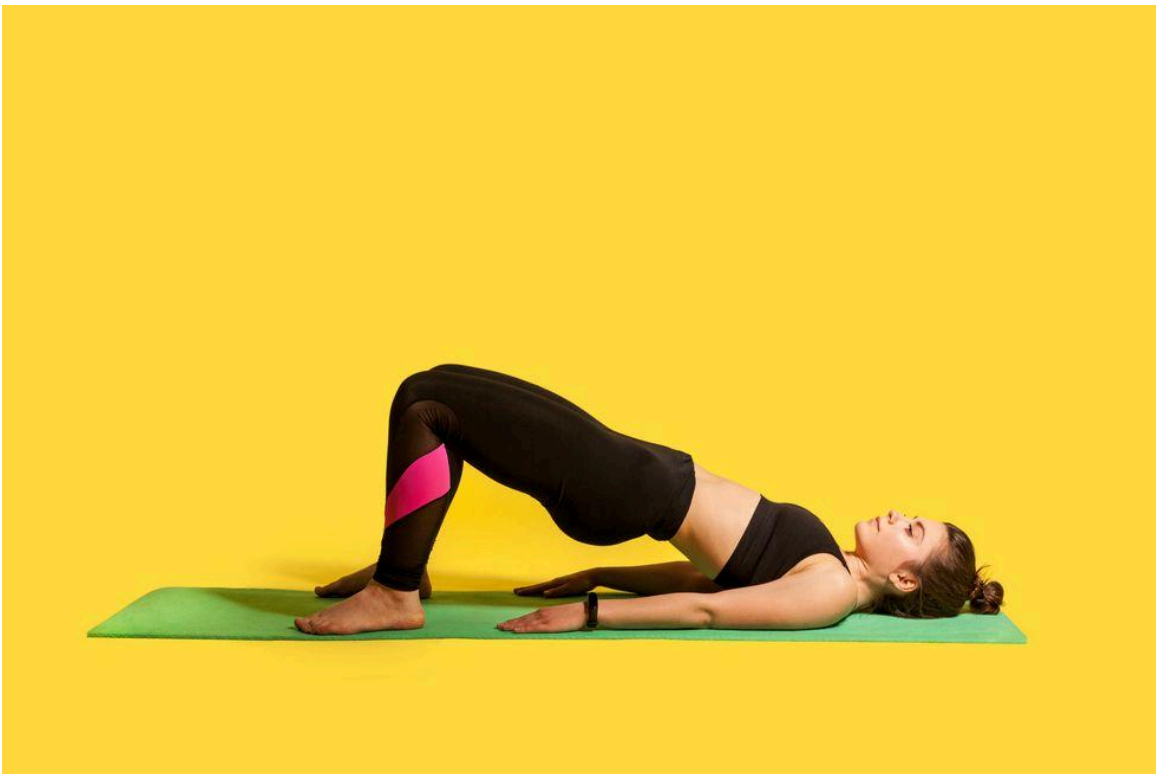


Great for opening the hips, this popular yoga pose targets the lower body and can provide a fantastic stretch. Ease into the movement and only fold forward if you feel stable once in position.

How to:

1. Begin on your hands and knees. Gently slide your right knee forward to just outside your right hand. Angle your right shin towards the front of the mat.
2. Square the hips towards the front of the mat. You can add a folded blanket under your right side for support.
3. Stay upright and breath into the pose, or bring your torso down to the ground as you bend forward over the right leg. Repeat on the opposite side.

8. Bridge Pose (Setu Bandha Sarvangasana)



Another popular backbend, this pose can help improve posture and also relieve lower back pain.

How to:

1. Begin lying on your back on the mat. Bend your knees and keep your feet hip width apart. Inch your feet a bit closer to your glutes. Arms should be flat along your sides on the mat.
2. Press through your feet as you raise your hips, focusing on lifting from the pelvis. You can progress the pose by clasping your hands under your back on the floor.

9. Tree Pose (Vrksasana)



Not only does this standing yoga pose help improve your balance and coordination, but it also focuses on posture and alignment. Engage your core to help steady yourself.

How to:

1. Begin standing tall with toes and feet pressed into the floor. Place your hands on your hips and find a steady gaze in front of you.
2. Slowly raise your left foot onto your right shin or thigh while maintaining your gaze forward. Press the foot into the leg and breathe. Once you feel steady, consider bringing your hands to your heart or stretching them out overhead like branches.
3. Hold for a few breaths, then step your foot back down and repeat on the other side.

10. Corpse Pose (Savasana)



This grounding pose is all about relaxation and quieting the mind. If you feel any tension under your lower back, consider placing a rolled-up blanket beneath your knees.

How to:

1. Lay flat on your back on the mat. You can support your head and neck with a folded blanket if needed.
2. Keep your shoulders down and away from your ears and breathe into the pose.

Link To Full Article:

<https://www.goodhousekeeping.com/health/fitness/a42396941/yoga-for-beginners/>

Youtube Channels for at Home Yoga Exercises:

- [Boho Beautiful Yoga](#)
- [Yoga With Bird](#)
- [Yoga with Adriene](#)
- [Akshaya Agnes](#)
- [Five Parks Yoga](#)

Yoga Providers in the Southeast Area:

- [The Studio - Weyburn](#)
- [Iron Bar Fitness - Weyburn](#)
- [Centered Physiotherapy + Yoga - Weyburn](#)
- [Music to My Soul Guidance - Weyburn](#)
- [Pure Living Yoga - Emerald Park](#)
- [Full Life Yoga and Wellness - Regina](#)
- [Quan's Hot Yoga - Regina](#)
- [OM Yoga Studio - Estevan](#)
- [Wandering Wellness and Harmony - Estevan](#)
- [Ash and Ether Yoga and Bodywork - Weyburn and Regina](#)
- [Body Works - Radville](#)
- [Lotus Tree Wellness and Healing - Carlyle](#)
- [Robin Joy Yoga - Indian Head](#)

- [Exhale Yoga - Moosomin](#)
- [Ashley's Yoga and Meditation - Kipling and Grenfell](#)
- [SIYA-Trained Indigenous Yoga Teachers](#)
 - Pam Leclerc - Balcarres
 - Armanda McArthur - Pheasant Rump First Nation and White Bear First Nation
 - Roberta Dubois - Pasqua First Nation
 - Kim McKay-McNabb - Regina