



Exercícios de Yoga Para Iniciantes

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O que os iniciantes devem prestar atenção: Yoga para Iniciantes 11 poses básicas

O que os iniciantes em ioga devem saber: O Yoga é um exercício benéfico para todas as idades.

Para aqueles que são novos no yoga, a prática inicial do yoga pode ser uma mistura. Não tem certeza do que procurar em sua primeira [prática de yoga](#)?

Conhecer estes elementos introdutórios essenciais tornará a prática do yoga mais fácil e rápida.





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Notas sobre Yoga: 14 Coisas a Lembrar no Início

A que os iniciantes devem prestar atenção? 1. não faça ioga de estômago vazio

Fazer yoga após as refeições pode interferir na prática, e para permitir que o corpo se dobre na [postura de yoga](#) designada, é melhor fazê-lo com o estômago vazio.

É melhor terminar sua refeição uma hora antes da ioga, mas se você estiver com muita fome para comer uma hora antes, você pode comer uma banana vinte minutos antes da ioga para evitar fome e indigestão.

O que os iniciantes precisam saber 2. Chegar cedo ao estúdio de ioga

Quando você for a um [estúdio de ioga](#), tente chegar lá o mais rápido possível; afinal, a ave precoce tem insetos para comer. Se você for dez minutos mais cedo, você pode passar dez minutos perguntando ao seu professor que problemas você tem com ioga.

Chegar cedo também lhe dará muito tempo para se familiarizar com seu ambiente e conversar com seu professor de ioga para que ele ou ela o conheça melhor. .

O que os iniciantes precisam prestar atenção a 3, encontrar o tipo certo de yoga para eles

Existem muitos tipos de yoga, e nem todos eles são adequados para você.



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Existem muitos tipos de yoga, e nem todos eles são adequados para você. Cada [estúdio de yoga](#) oferece uma série de aulas experimentais gratuitas. Você pode experimentá-los antes de tomar uma decisão.

O que os iniciantes precisam saber 4. Não seja tímido com seu corpo

Os publicitados que praticam yoga são magros, mas não importa a altura da pessoa, eles podem praticar bem yoga. De fato, estudos têm mostrado que a ioga pode ajudar as pessoas a perder peso e evitar o ganho de peso.

A ioga pode ajudar as pessoas a perder peso e a mantê-lo fora.

O que os iniciantes devem prestar atenção a 5, eles não têm que ir a extremos

Você deve ter visto alguém que pode girar como uma torção. Mas isto é algo que só os ascetas no yoga fazem, embora funcione melhor praticado desta forma. Mas não é recomendado [praticar dessa forma](#).

Mesmo que você nasça com um corpo relativamente rígido, através da prática seu corpo se tornará flexível. Além disso, você deve saber que a ioga não se trata apenas de algumas poses, mas também de ajustar sua respiração e relaxar sua mente.

O que procurar em uma aula de yoga para iniciantes 6, não confunda yoga em um estúdio de yoga com yoga na academia.

O estúdio de yoga é um ambiente calmo e confortável, onde todos ficam calmos e recolhidos, o que cria uma mente calma e ajuda a reduzir o stress mental.



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O ambiente na academia é relativamente ruidoso, a música de fundo na sala, o barulho do equipamento batendo, as conversas na área da sala, os passos para frente e para trás, o som nos ouvidos, o estado original de calma, tudo se tornará caótico.

O seu programa também é diferente. Os instrutores do [estúdio de yoga](#) conhecem a condição física de cada aluno, e as aulas são individualizadas com asanas apropriadas e orientadas para os movimentos do praticante.

O número de aulas de yoga no ginásio é inferior a 20-30, e superior a 60-70. Muitos instrutores não estão familiarizados com elas, e portanto não podem discutir a especificidade das aulas.

O que os iniciantes devem prestar atenção é 7, não se esqueça de trazer seu material de yoga

Se você não comprou um tapete de yoga, verifique se o estúdio de yoga oferece aluguel de tapetes.

Traga também alguns suportes como cobertores, tijolos de yoga, etc. Os cobertores oferecem aos iniciantes melhor proteção e apoio durante a prática, e os tijolos de yoga podem facilitar aos iniciantes a realização de posturas de yoga específicas.

O que procurar em um iniciante 8.

Como este é um relacionamento de iniciante, pode haver mais repetição praticada, mas também varia dependendo de como o professor de yoga assiste à aula.

Se a repetição constante de poses monótonas o sobrecarrega, tente incorporar as poses de yoga que outros estão aprendendo. De qualquer forma, não fique muito estressado, respire fundo, relaxe e mantenha sua mente normal.



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O que os [iniciantes em yoga](#) devem ter em mente, a atenção é o mais importante

Comparado a um fato de prática de yoga, um tapete profissional, o mais importante é ter uma mente aberta e calma. Você deve praticar sem distrações.

O que procurar em uma yoga 10 para iniciantes, sem necessidade de meias e luvas

Apesar de estarem disponíveis no mercado luvas e meias antiderrapantes para yoga, elas não são realmente necessárias durante a yoga.

Luvas e meias antiderrapantes podem dar uma idéia errada de onde o [corpo](#) está esticado ao praticar posturas de yoga e, a longo prazo, podem levar à incapacidade de fazer as posturas específicas de yoga exatamente como se pretende.

O que os iniciantes devem prestar atenção ao 11, liberando o estresse

Quanto mais a mente estiver em branco e o corpo relaxado, mais fácil será fazer as posturas de yoga especificadas, mais eficaz será e mais agradável será em geral. Eventualmente você vai descobrir que quanto mais relaxado você estiver, mais tempo você será capaz de manter uma postura.



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O que devem fazer os iniciantes de yoga para prestar atenção aos 12, ajustar sua respiração

As aulas de Yoga geralmente começam com exercícios respiratórios, e a aula também termina com uma respiração lenta e profunda.

Quando você não sabe o que fazer, concentre-se em exalar e inalar, que é a melhor maneira de manter a calma e ajudar nas posturas de yoga.

O que procurar em um iniciante de yoga 13, o asana bebê é um bom companheiro para iniciantes



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Na [aula de ioga](#), o professor pode fazer com que as pessoas façam diferentes níveis de poses, então não tenha medo quando algumas das poses estiverem realmente fora do alcance, tente uma pose mais leve de bebê.

Você também pode tentar a pose do bebê para ajustar sua respiração quando ela não vai bem.

O que procurar em um iogue iniciante, não se deixe enganar

Para evitar possíveis danos corporais e evitar ser enganado, escolha professores profissionalmente certificados e experientes.

Entrada no Yoga Básico 11 Posturas.

Postura 1: Oração

Instruções: Fique de pé com os pés juntos. Feche as mãos na frente do peito. Relaxe todo o seu corpo. Equilibre sua respiração.

Benefício: Estabelece um estado de concentração e serenidade na preparação para os exercícios a serem realizados.

Postura 2: Braços estendidos (braços para cima)

Como fazer isso: Levante os braços acima da cabeça, braços afastados e na altura dos ombros. Incline levemente a cabeça e a parte superior do corpo para trás.



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Arquivos na pasta Yoga ou ioga google drive

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