

A BEGINNERS' GUIDE TO STARTING

# *Yoga At Home*



**POSE BREAKDOWNS & VIDEO TUTORIALS WITH  
CLOSED CAPTIONS.**

Poetic Touch Therapy

A BEGINNERS' GUIDE TO STARTING

Yoga At Home

POSE BREAKDOWNS & VIDEO TUTORIALS WITH  
CLOSED CAPTIONS.

By: Poetic Touch Therapy



THANK YOU!

I just wanted to take this moment to say thank you again for purchasing my book, It truly means the world to me and I hope that you will find it very helpful.

-Snowi :)

I highly recommend recording your practice or taking photos. It will help with progress. If you want to send Progress Photos, or have any questions, send me a message and I'll answer them personally. Shoot them to:

[snowi@poetictouchtherapy.com](mailto:snowi@poetictouchtherapy.com) or [@PoeticTouch](#) on IG

## ABOUT THIS GUIDE

LONG HOURS OF PRACTICE AREN'T NECESSARY, BUT FREQUENT PRACTICE IS. ESPECIALLY WITH THE CORRECT POSES.

BUT LIKE MOST THINGS IN LIFE, CONSISTENCY IS THE KEY TO RESULTS! SO I'VE CREATED THIS GUIDE TO HELP YOU GET STARTED.

I'VE DESIGNED THIS EBOOK SERIES IN A MANNER AND FORMAT THAT I PREFER TO LEARN IN. NO ADDITIONAL RESOURCES LIKE TUTORIALS ARE NEEDED.

EVERYTHING IS HERE WITHIN THIS EBOOK! JUST CLICK THE PHOTOS FOR VIDEO TUTORIALS WITH CLOSED CAPTIONING! I

HOPE THIS WILL BENEFIT YOU AS WELL!

JUST 30 MINUTES DAILY CAN PROVIDE AMAZING RESULTS TO YOUR MIND AND BODY! SO LET'S BREAK OUT THE MAT, AND LET'S GET STARTED!

#### DISCLAIMER

I have put a lot of hard work into the creation of this ebook series. I hope that you will find it valuable and share your experience with others. The contents of this ebook are copyrighted. No part of this ebook may be reproduced, stored,

copied, printed or transmitted by any means without the express consent of the author. Violations of this copyright will be enforced to the fullest extent of the law.

Yoga is a transformative practice that integrates balance and union of the mind, body and spirit. Due to the physical aspects of yoga, mental and emotional tensions(releases) may arise due to the deep levels of relaxation reached.

All exercise programs involve a risk of injury. This ebook is not intended to substitute for medical advice of physicians. Do not practice unless approved

to do so by your healthcare professional. This practice is not meant to cure any illness/disease. By choosing to participate, you voluntarily assume a certain risk of injury.

By continuing, I agree that I do not have any physical condition that would limit my participation or preclude an exercise program. Poetic Touch Therapy and

its instructors shall not be held liable for any injury or damage to property and/or persons sustained during or as a result of participation in the ebook.

Slight discomfort is to be expected but pain is not. I agree to listen to my body at all times and monitor myself during every session.



About the Author

In an attempt to escape my deep state of

depression, I discovered YOGA in November of 2013. I was trying to get out of my "funk" by getting active again.

As a Massage Therapist and life-long runner, I was in need of a workout alternative that was more gentle on my body (primarily my knees due to old injuries). I was scrolling through social media for workout tips and videos. Moments after seeing someone in Scorpion Pose, my self-taught practice began.

What started as weekly, led to daily, which eventually evolved to multiple times a day. I could feel my body becoming physically stronger as did my mental clarity. My depression and anxiety became more manageable. I soon stumbled upon the true meaning of "mindfulness" and meditation. In doing so, I discovered a genuinely happier and calmer version of myself.

Thank you for trusting me to be a  
Being the introvert that I am, my yoga practice has  
part of your journey, I promise to  
always been home-based without a teachers formal  
honor it at al times.  
instruction(until my first day of teacher training). I  
  
used my Massage Therapy background and began  
Snowi:)  
trying the same pose over and over again, with no  
sequence, no warm-up or foundation. I literal y spent  
hours just stretching on the floor LOL.

Wel after almost 5 years of self-taught practice,  
books and formal education I've decided to create  
this ebook col ection for people that want to begin a  
practice from home but don't have a solid foundation  
to begin.

Table of Contents



## **Getting Started At Home**

**7**

## **A Brief History of Yoga**

**8**

## **The Eight-Limbs of Yoga**

**9**

## **Importance of Pranayama: The Breath**

**10**

## **Types of Breath**

**11**

## **Introduction to Meditation**

**12**

## **Using The Guide**

**13**

## **Yoga Asana Basics**

**14**

## **Warm-Up Sequence**

**15**

## **Warm-Up Sequence: Pose Breakdowns**

**16**

**Introduction to Sun Salutation**

**28**

**Sun Salutation Sequence**

**29**

**Sun Salutation: Pose Breakdowns**

**30**

**Neck & Shoulder Sequence**

**36**

**Neck & Shoulder Sequence: Pose Breakdowns**

**37**

**Hip Opening Sequence**

**39**

**Hip Opening Sequence: Pose Breakdowns**

**40**



Getting Started At Home

What do I Need?

How often should I

How do I begin?

practice?

The perks to an in-home  
In this guide there are  
practice is that you are in your  
Yoga can be practiced  
several different yoga flows  
own comfort zone! Put on  
every day, even if it's just a  
or "sequences" for you to  
some cozy clothes, light some  
few minutes of the warm-up  
follow, depending on your  
candles, put on some of your  
sequence. It's  
goals. It's important that you  
favorite music, and try to  
recommended to begin your  
always begin with the basic  
create a "space" for your  
mornings with several sun  
warm-ups and Sun

practice to begin. A yoga mat  
salutes and a brief  
Salutation provided before  
is great but not required. Some  
meditation practice.  
diving deeper into the  
socks or simply a towel or  
Beginning this ritual will truly  
sequences. This ensures  
oversized blanket on the will  
ignite your spiritual journey.  
your muscles have proper  
do. You can use props like  
Of course, your results will  
circulation before beginning  
blocks if you'd like, but a  
vary on your commitment to  
to hold poses for longer  
blanket or book will usually do  
your practice. Be sure to

periods of time to avoid  
the trick. If you need the  
listen to your body and it's  
injury.

assistance of a strap, just use  
limits at all times.  
a belt or scarf.

Page 7

## A Brief History of Yoga

In the western world, Yoga may seem like a new trend. But yoga is rooted deeply in ancient history. There are yogic scriptures from as early as 1000 BC. These writings were written in Sanskrit, a language of ancient India with a history of over 3000 years. It is the primary

"sacred language" of Hinduism. Yoga philosophy and asanas (poses) have a Sanskrit name as well as an English version.

The most prominent ancient writings of Yoga are the Bhagavad Gita and Patanjali's Yoga Sutras. The famous Eight Limbs of Yoga and The Five Points of Yoga are also worth mentioning as well.

From the outside looking in, people are able to witness the physical aspects of yoga. But it is in fact a spiritual practice. Yoga in Sanskrit means "balance or union". It is the merging of two worlds into one. Physical y and spiritual y.

The rewards of yoga are bountiful and have evolved with my practice. At first, the benefits are noticed physical y. Then suddenly, you begin to notice a happier and calmer version of yourself. Then your spiritual journey truly begins.

### Benefits of Yoga

- Mental clarity & Focus
- Improved sense of well-being
- Increased strength & Flexibility
- Reduced stress & improved stress management
- Heightened sense of awareness
- Happier, healthier and calmer version of yourself

Page 8

### Eight Limbs of Yoga

**Panatajali is considered to be the father of the Yogic Philosophy. He broke down the practice into what is called the "Eight Limbs of Yoga":**

**1. Yama - Self-restraint. Five specific ways to practice self-restraint are:**

- Do no harm
- Do not steal
- Practice non-greed
- Practice honesty
- Do not waste energy

**2. Niyama**

**-How to act in the world. There are five ways to practice:**

- Cleanliness
  - Heat, or effort to persevere
  - Acknowledgment of something larger than
  - Contentment
  - Self-study
- ourselves

**3. Asana**

- The physical yoga practice of asanas and sequences.**
- Regulating of life force prana during the act of breathing.**

**4. Pranayama**



5. Pratyahara -**The practice of withdrawing the mind from the senses.**

**-The ability to focus on one task and let all else fall away.**

6. Dharana

7. Dhyana

**-Meditation**

8. Samadhi

**-Divine union of the individual and the universe. Divine balance.**

Page 9



## Importance of Pranayama: The Breath

[Click here for a short Breath Awareness Tutorial](#)

Breathing is the only involuntary response in our bodies that we can control. Exhaling produces an involuntary state of relaxation (picture "breathe in breathe out" during childbirth). During a deep tissue massage I'll frequently tell clients to take a deep breathe in and out to help encourage relaxation.

Most people only use a fraction of their potential lung capacity, leaving more than 80% of stale air and prana in the lungs. Hatha Yoga places an emphasis on breath and movement together for that very reason. With integrated breathing, benefits of a yoga practice are greatly enhanced by enhancing relaxation and awareness.

You'll notice a considerable difference in your breathing at the end of this program. In doing so I hope you experience the state of mental clarity and mindfulness which really ignites my personal yoga journey daily.



## Types of Breath

**CLAVICULAR BREATHING** - the most shallow type of breathing. The shoulders and collarbone are raised while the abdomen is contracted during inhalation. Maximum effort is made, but minimal air is obtained within the lungs.

**INTERCOSTAL BREATHING**- this breathing style involves the contraction of the intercostal(rib) muscles expanding the rib cage.

**DEEP ABDOMINAL BREATHING**- this breathing style is best, as it fills the lungs entirely with fresh air and expels stale air that is stagnant in the lower lungs. This breathing style is slow, deep and properly uses the diaphragm.

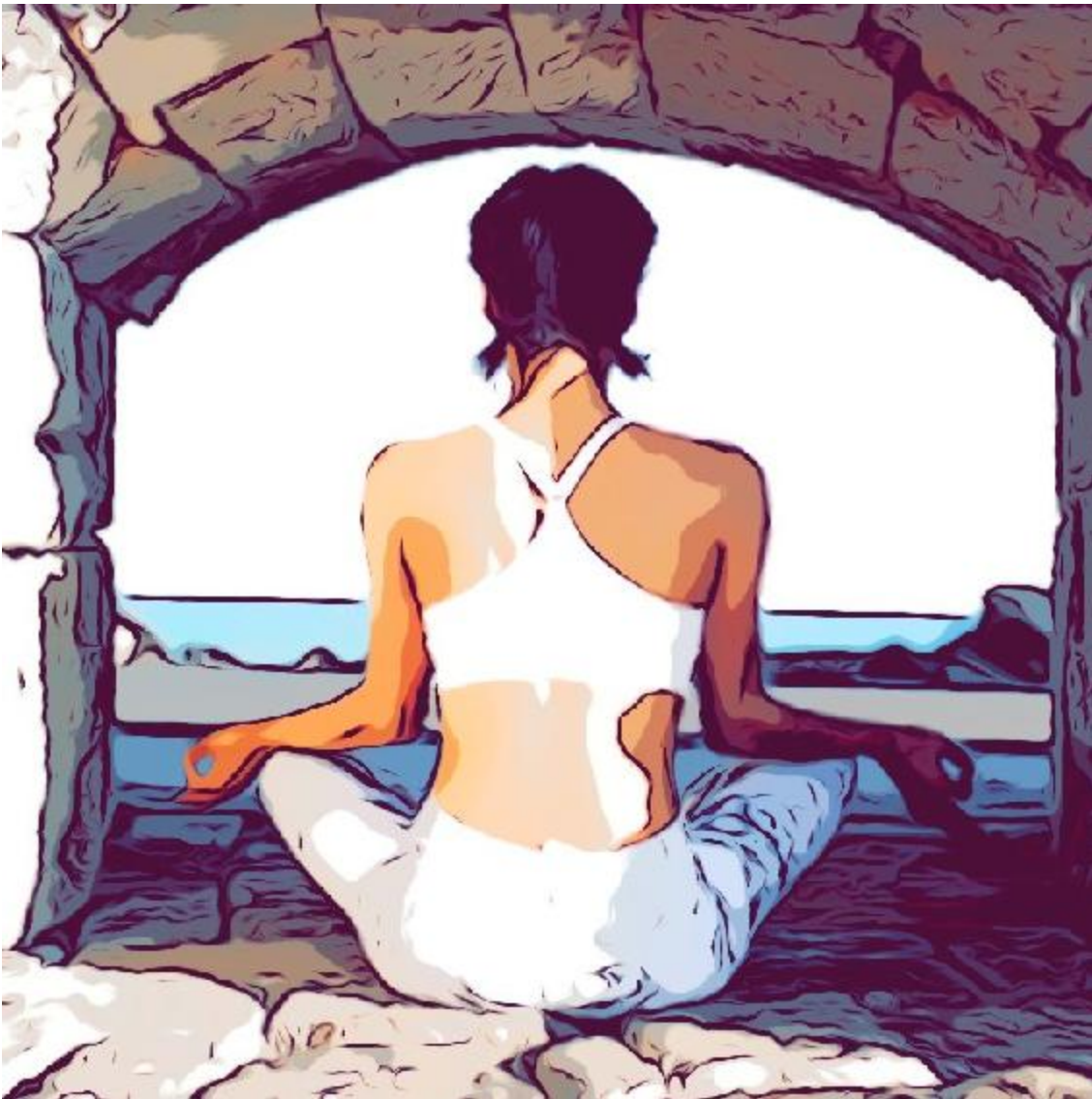
**FULL YOGIC BREATHING**- full yogic breath is a combination of the above mentioned breathing techniques. Beginning with deep breath and a continual inhalation through the

clavicle and intercostals, this breathing technique uses proper diaphragmatic breathing as well .

Click here for a short Breathing Technique:

Alternate Nostril Breathing

Page 11



Introduction to Meditation

PURPOSE OF MEDITATION

Meditation is the practice of creating stillness within the mind and gaining a sense of mental clarity. During this practice you will notice an improved sense of concentration and focus. The benefits are profound. The goal is not to "stop" thoughts altogether, but to come into control of how you react and respond to them. This is the goal of meditation.

#### IMPORTANCE OF THE BREATH

Breath is FOUNDATIONAL to meditation.

This is why I added it before this meditation section.

Click the picture to listen to a short sound

of breath meditation to start your practice.

It is important to take note of your breath during meditation, as it is the easiest and quickest way to begin and gauge your

#### TYPES OF MEDITATION

meditation process.

Working Out

BEGINNING MEDITATION

Mantras

When the word "meditation" comes to mind,

Yoga Asanas

people often consider someone sitting in

Mindfulness Meditation

"criss-cross applesauce" on the floor

Walking Meditation

somewhere alone. But this couldn't be further

Mantras

from the ideal meditation practice. Meditation

can be considered the moment of being "in

Affirmations

the zone" while practicing a hobby, working

Sound Baths

out, etc. Notice how you concentrate while

Guided Meditations

practicing yoga. This within itself is a form of

meditation.

Dancing

Tai Chi

Page 12



Using The Guide

Click the picture of

## I HIGHLY RECOMMEND

each individual pose

taking progress

in the pose index to

photos or recording

view a video

your practice! They

tutorial before

help you to see

attempting the

progress and to hold

pose.

yourself

accountable.

## BENEFITS

To better help you understand why each pose is practiced.

## OVERVIEW & PURPOSE

To help you understand each asana.

## THINGS TO CONSIDER

Each pose carries it's own qualities and serves a specific purpose.



Mindful notes or questions for that pose will be listed here.

Yoga is about balance. Unless practicing a sequence, it's

### COUNTER POSE

important to practice a counterpose after deeply holding an

asana. This helps to create balance and neutrality to the body.

Props and variations are very important to a practice. They are

### PROPS AND VARIATIONS

made to assist in correct postures and injury prevention. Please

use them as necessary.

### GETTING INTO IT

Step-by-step instructions on how to properly get into each

asana.



## Yoga Asana Basics

### POSES/ASANAS

Yoga has been practiced for thousands of years. As such, there are numerous poses, also known as **asanas**. Each individual pose however, has different physical benefits and energetic properties within themselves. As you can see below, yoga poses can be categorized into types.

### POSE CATEGORIES

**Backbends** - all asanas in which the spine is extended.

**Twists** - asanas in which the primary goal is rotation of the spine:

**Forward Bends** - poses in which the primary action is stretching the posterior body.

**Standing** - the weight of the body is on one or both feet.

**Hip Openers** - poses in which the hips and pelvis are focused.

**Inversions** - asanas where the body is inverted (upside down).

**Arm Balances** - the weight of the body is on the hands or forearms.

### PROPS AND VARIATIONS

Props and variations are very important to a practice. They are made to assist in correct postures and injury prevention. Props assist you in practicing a pose correctly in order to experience its full potential. Variations are practiced as a way to receive the full benefits of a pose, while still honoring your body. Please use them as necessary.

Props can include: Yoga straps (belt/scarf), Yoga blocks (books/pil ow), Yog a Mat (blanket/towel)



WARM-UP SEQUENCE

Before beginning to dive deep into yoga sequences, it's important to wake-up the joints in the body with small movements to avoid injury. I've included two different pre-yoga warm-ups to provide options.

1. Breath Awareness -

It's important to begin every session with awareness to set intentions.

2. Neck Movements

6. Ankle Rotations

10. Thread Needle

3. Shoulder Wings

7. Wrist Flexion

11. Downward Dog

4. Hip Crank

8. Wrist Rotations

12. Mountain Pose

5. Butterfly Pose

9. Cat/Cow

Click on the Sequence to Download [t](#)

[h](#)

[e](#)

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a

n

y t i

m

e !      Page 15



## NECK MOVEMENTS

### GREEVA SANCHALANA

#### **Getting into it**

Feel this pose in your neck, chest,  
shoulders and even face  
depending on your bodies capacity.

1. Begin in a seated or standing

position. Close the eyes.

2. Take a deep breath in as your  
bring your ear to your shoulder.

Exhale.

3. As you inhale come back to  
center before repeating on the  
opposite side.

Click for a

Video Tutorial

4. Repeat this movement in a very

**BENEFITS**

slow and control ed motion, bringing  
your chin to the sky.

Flexibility in the neck muscles

Relieves neck pain

5. Slowly come back to center as

Reduced headache frequency

you inhale.

6. Repeat one final time as you bring

#### OVERVIEW & PURPOSE

your chin to your chest on a deep

exhalation.

This exercise is great for people that experience

chronic neck pain or discomfort. This asana is also

7. Return back to center as you

great for people that spend a lot of time working at

inhale.

a desk or computer, as it increases circulation down

to the chest and arms.

**It's important to take your time**

**while practicing this asana.**

#### PROPS & VARIATIONS

**Equilibrium can be thrown off**

**due to the movements of the**



This exercise can also be practiced standing up.

**neck, so TAKE YOUR TIME.**

Page 16



## SHOULDER WING

### POSE

#### **Getting into it**

Feel this pose in your upper back, deltoids, trapezius and pectoral muscles.

**1.** Begin in a seated position.

Engage your core, your spine is straight. Raise your arms into a prayer position.

## BENEFITS

**2.** Bring your elbows together, your arms are parallel to the floor. Take a Great for people with neck and shoulder pain deep breath in.

Builds strength in the upper back & shoulders

**3.** Exhale as you begin to separate Increased circulation to the neck, shoulders and your arms and bring your arms back, hands keeping them parallel to the floor.

## OVERVIEW & PURPOSE

**4.** Deep exhalation here as you experience the contraction of the This asana strengthens the muscles of the back muscles and the stretch in the shoulder girdle: chest, neck, shoulders and

chest and arms(depending on your upper arms. Because of this, it's a great pose body's capacity).  
for people that experience neck and shoulder

5. Inhale as you return to center.  
tension. It's also a great asana for people that  
Deep inhalation/exhalation before  
want to begin their inversion journey.  
practicing another round on the next  
exhalation.

#### PROPS & VARIATIONS

**NOTE:** It's okay if your  
This asana can also be done standing  
elbows don't touch at first,  
  
they wil with time and  
practice. Keep at it.



## HIP CRANK POSE

### JANU NAMANA

#### **Getting into it**

Feel this pose in your knee, quadriceps, hips, hamstrings and glutes.

1. Begin sitting in a base position with your legs extended in front.
2. Inhale as you engage your abdominals and straighten your spine.

3. Bring your thigh to your chest and clasp your fingers together across

### **BENEFITS**

your shin, bringing your thigh close to the body.

Improved circulation to the hip joint

Increased flexibility in the hips

4. Exhale and clasp your fingers

Great for people with knee/hip injuries

underneath your thigh or calves as

you begin to straighten the leg (to your body's capacity).

### **OVERVIEW & PURPOSE**

5. Deep inhalation and exhalation

Typically the first in the series of backbends, this here before returning to center.

asana is a gentle introduction. By contracting the

**6.** Practice this asana 10 rounds on

back muscles, it builds strength and improves

this leg before practicing 10 rounds

posture. It also has a gentle massaging effect on

on the opposite side.

the internal organs.

**NOTE:** You may have a difficult time

### **PROPS & VARIATIONS**

bringing your thigh to your chest or

extending your leg. Practicing this

asana frequently will assist in

While bending the knee the hands may also clasp

improving flexibility to these areas and

underneath the thigh.

difficulty practicing it is a sign it is much

**NEEDED.** Take your time and be

patient with your practice.



## BUTTERFLY POSE

## POORNA TITALI ASANA

### **Getting into it**

Feel this pose in your pelvis, hips, lower lumbar and glute muscles.

1. Begin in seated position.
2. Bend your knees and bring the soles of your feet together.

### **BENEFITS**

3. Bring your heels as close to the

body as possible. Relax the inner thighs.

Increased circulation in the hips

Great for relief of painful menstrual cramps

4. Clasp your feet with your hands.

Reduced tension in the lower back

Great pose for the road to splits

5. Gently bounce your knees up and down, trying to touch them to the mat on the downward stroke.

## **OVERVIEW & PURPOSE**

6. Do not use any force. Practice this motion 30-50 run and down

This pose is great for stretching the side body and movements.

shoulder girdle. People with all types of back pain can experience benefits from this pose.



## PROPS & VARIATIONS

**Over a short amount of time  
you will notice flexibility in the  
hips and release in lower back  
tension.**

Page 19



ANKLE ROTATIONS

GOOLF GHOORNAN

**Getting into it**

Feel this pose in your calves, feet  
and ankles, possibly even knees and

hips with frequent practice.

1. Begin in a seated position. Bring your left ankle across your opposite thigh.

2. Hold your ankle securely with your right hand as you clasp your

### **BENEFITS**

toes with your left.

Relieves tired calf muscles

3. Deep inhalations and exhalations

Prevents venous thrombosis

as you slowly begin to rotate your

Great for people that spend a lot of time sitting

ankles in a clockwise direction.

4. Rotate in the opposite direction

### **OVERVIEW & PURPOSE**

before returning back to center and

practicing this asana on the other

This asana helps to return stagnant blood and lymph side.

to the feet. This circulation improves flexibility in the ankle, and awakens muscles that have been dormant. This will help to reduce cramping in the ankles and feet, while improving balance by increasing circulation to some of the smallest muscles in our body, our feet.

**NOTE:** You may notice popping or snapping sensations in your wrists.

This is completely normal, and is a

### **PROPS & VARIATIONS**

sign of limited circulation . This pose

will decrease the sensations over

Be sure to support the ankle.

time. Continue unless pain or severe

Double your mat if needed.

discomfort is experienced.



## WRIST FLEXION

### MANIBANDHA NAMAN

#### **Getting into it**

Feel this pose in your forearms, wrists, hands, arms and possibly even shoulders.

**1.** Begin in a seated position. (This can also be done standing, etc)

**2.** Raise. your arms into the air, parallel to the floor. Take a deep breath in.

#### **BENEFITS**

3. As you exhale, begin to flex your

Stronger muscles in the arm, wrist and forearm

wrists upward, feeling a stretch in

Increased circulation to the hands

the palms, and forearms.

Great for people with desk jobs

4. Deep inhalation and exhalation.

Can help to reduce effects of carpal tunnel

5. On your next exhalation, flex your

### **OVERVIEW & PURPOSE**

hands in a downward motion and

experience this stretch in the wrists.

This asana is great for people that work with their

6. It's important to really take your

hands or work at a desk for long periods of time. Due

time with each movement to

to the nature of certain tasks, the muscles of the experience increased flexibility and arms and wrists can become overtaxed with little circulation.

circulation to help re-coup after a long day of typing, working, etc. This asana is a great way to get circulation to these muscles.

**NOTE:** You may notice popping or snapping sensations in your wrists.

### **PROPS & VARIATIONS**

This is completely normal, and is a sign of limited circulation. This pose will decrease the sensations over time. Continue unless pain or severe discomfort is experienced.



## WRIST ROTATIONS

### MANIBANDHA CHAKRA

#### **Getting into it**

Feel this pose in your calves, feet and ankles, possibly even knees and hips with frequent practice.

1. Begin in a seated position. Bring your arms parallel to the floor.
2. Create a fist with your hand, tucking your thumb inside.

#### **BENEFITS**

3. Deep inhalations and exhalations

as you slowly begin to rotate your

Beneficial for preventing arthritis

fists in a clockwise direction.

Helpful in preventing carpal tunnel

Improves circulation to the hands

4. Take your time while practicing

Great for people that work from desks

this asana to truly experience the

benefits of this pose.

## **OVERVIEW & PURPOSE**

5. Practice in the opposite direction.

This asana helps to return stagnant blood and

lymph to the hands. In doing so, tension in the

hands and wrists are relieved. People that spend

**NOTE:** You may notice popping or

prolonged amounts of time writing, typing, and

snapping sensations in your wrists.



other repetitive movements will benefit from this

This is completely normal, and is a

asana.

sign of limited circulation. This pose

will decrease the sensations over

### **PROPS & VARIATIONS**

time. Continue unless pain or severe

discomfort is experienced.

This asana can be done while sitting or standing,

just be sure to keep the back straight.

Page 22



CAT/COW SEQUENCE

MARJARYASANA /BITILASANA **Getting into it**

Feel this pose in your hips,  
lower lumbar and glute  
muscles.

1. Knees hip-width apart,  
elbows and palms on the floor.

2. Shift your weight onto your  
knees and palms.

3. Bring your elbows to your  
knees. Locate your middle

### **BENEFITS**

finger and place your wrist  
there.

Calms the central nervous system.

4. If you look down through your

Reduces stress and anxiety.

legs, you shouldn't be able to

Great for people that experience back stiffness.

see your feet.

## **OVERVIEW & PURPOSE**

5. Inhale and fill your lungs as you arch your back.

This sequence is great for waking up the body,

6. Lift your chest up and open.

increasing joint circulation, and lengthening the spine. It

Raise head, look up and lock

can be done alone first thing in the morning or before your elbows.

bed.

7. Exhale, slowly bring your chin to chest.

## **PROPS & VARIATIONS**

8. Contract your glute muscles

This can be practiced while sitting in a chair for a

and round your spine.

midday break.

**9.** Feel this stretch between the shoulder blades. Practice 5 rounds.

Page 23



## THREADING NEEDLE

## SUPTA UDARAKARSHANASANA

### **Getting into it**

Feel this stretch on your side body(internal/external obliques, glutes, and mid/low back).

### **BENEFITS**

**1.** Begin in child's pose, arms extended in front.

Calms the central nervous system.

2. Look up and place your right

Reduces stress and tension.

hand parallel to your head.

Great warm-up for the shoulders, neck and spine.

Inhale.

Great for people with neck, arm and shoulder pain.

3. As you exhale slide your left

hand underneath (to your body's

### **OVERVIEW & PURPOSE**

capacity).

This pose is a combination forward bend and

4. Twist your upper-body to

look underneath your right arm.

twisting. You'll likely experience a stretch in the

side body, neck and possibly even face. Take the

5. Deep Exhalation. Stay here  
time to experience the difference and be mindful  
several breaths before  
of the areas of tension. As with all poses, you'll  
returning to child's pose.  
notice increased flexibility with time and practice.

6. Complete on the opposite  
side.

### **PROPS & VARIATIONS**

Double your mat or use a blanket for additional  
support.



CHILD'S POSE

BALASANA

## **Getting into it**

This is a resting pose.

However depending on your

## **BENEFITS**

body's capacity you may

experience tension in the: low

Encourages deep relaxation.

Great to begin meditation.

back, glutes, erectors,

Calms the central nervous system.

hamstrings, calves and knees

## **OVERVIEW & PURPOSE**

1. Begin sitting on your knees.

2. Bend forward as you bring

This foundational pose is great for improving flexibility

your forehead to the mat.

in the shoulders and upper body. It's also a resting

pose and is a great pose for beginners meditation.

**3.** Feet and legs together, big toes touching.

### **PROPS & VARIATIONS**

**4.** Arms relaxed or at your sides

This asana can also be practiced on your back.

Use a blanket underneath your glutes if you experience discomfort.

Your arms can be extended in front of you or at your sides.





---

## DOWNWARD DOG

### **Getting into it**

Depending on your body's

ADHO MUKHA SVASANA

capacity, you may experience fire

in the side body, low back,

hamstrings, chest, arms, neck  
and shoulders.

1. Begin in a forward fold. The neck is straight and the spine is slightly arched.

2. Inhale, bend your knees and walk your hands forward.

3. Your core is engaged as you find your footing, heels on the mat (bend your knees if necessary.)

4. Exhale as you firmly plant your palms.

## **BENEFITS**

5. Your middle finger is facing forward, your shoulders are

Great for people with shoulder and neck  
soft.  
discomfort.

Strengthens the arms and upper back.

**6.** Open your chest, rotating

Great pose after extended sitting or standing  
shoulders outward.

## **OVERVIEW & PURPOSE**

**7.** Create space between your  
shoulders and ears.

This asana stretches the posterior body and is great to

**8.** Gaze between the knees,

transition from one pose to another. It is also a great  
tuck your navel in.

foundational pose for inversions and arm balances. As a

strength builder for the upper body, this pose can be great

9. Hold here for several breaths  
for a "ful body effect" if held properly.  
or "walk your dog" by  
alternating legs to get deeper

### **PROPS & VARIATIONS**

into the stretch.

**The goal is to have your heels**

Practice this on your forearms if you have a hand

**on the mat. Bend your knees if**

or wrist injury.

**necessary.**



MOUNTAIN POSE

# TADASANA

## **Getting into it**

Feel this pose in the entire body as you align your spine.

**1.** Begin standing. Firmly plant your feet and toes into the mat.

## **BENEFITS**

**2.** Your core is engaged and  
Develops mental/physical balance  
your spine is straight. The  
Stretches the rectum and abdominal muscles  
shoulders are soft.

Creates alignment in the spine

**3.** Find a point to look and  
Grounding qualities  
focus to improve your balance.

## **OVERVIEW & PURPOSE**

4. The glutes are contracted and the gaze should be slightly up and forward.

This pose is great for improving mental focus and grounding. As a balancing pose, this asana is great for improving posture as well. More difficult than meets the eye, this pose forces you to focus and become calm.

### **PROPS & VARIATIONS**

Stand next to a wall if you have bad balance.

Be sure to focus on one spot to help stay balanced.

Page 27

## **INTRO TO SURYA NAMASKAR**

### **SUN SALUTATION**

The sun salutation is a group of yoga poses that are sequenced together and used as a general warm-up exercise first thing in the morning.

Consisting of 12 different poses, the sun salutation gives a varied range of vertebral movements to the spine and promoting flexibility in the limbs.

Sun salutation gives an initial stretch to the body in preparation for deeper asana(poses). Because of this, the salutation is typically done after warming up the joints, and before diving into the deeper practice. When done properly, virtually all muscles are warmed up and the blood flow is increased throughout the body.

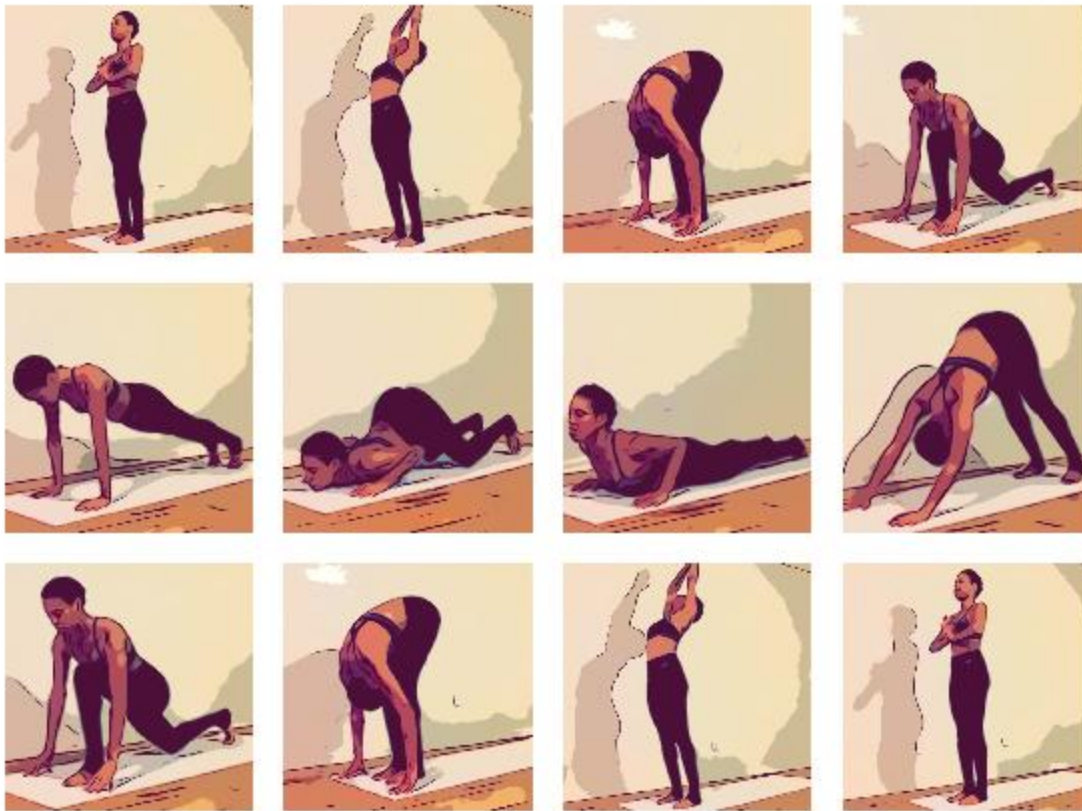
The goal during sun salutation is to synchronize the breath with each movement.

With practice you will be able to tune to a rhythmical breathing pattern. This in-turn helps mental focus and increases flexibility.

Beginners may find difficulty connecting the directed breath with the movements, however with time you'll notice improvement once you begin to learn the positions.

Sun Salutation should be repeated six-twelve times, depending on your own body and slowly increasing with each week.

It's important to note that one round includes performing the flow on both sides of the body, and that the starting and finishing positions are the same.



## SUN SALUTATION

Practice this on each side to complete one round. you can practice this as a warm-up or by itself. Sun salutation should be repeated six - twelve times. traditionally it is practiced early in the morning facing the sun. The goal is to synchronize the breath with each movement until it becomes a fluid dance. This helps with mental focus.

[EXHALE](#)

[INHALE](#)

[EXHALE](#)

[INHALE](#)

[INHALE/HOLD](#)



EXHALE

INHALE

EXHALE

INHALE

EXHALE

INHALE

EXHALE

1. Mountain pose
5. Plank
7. Cobra
10. Forward Fold
2. Small Backbend
4. Low Lunge
8. Downward Dog
11. Small Backbend
3. Forward Fold
6. Eight Angle
9. Low Lunge
12. Mountain  
Pose

(same leg)

\*Repeat on the other side to complete 1 round.

\*Please note: I'll make many references to keep the "core engaged" as a reminder for you to keep your abdominal muscles contracted. Anatomically, the core muscles are important in stabilizing the body,

Page 29



FORWARD FOLD POSE

## UTTANASANA

### **Getting into it**

Feel this pose in your hips, glutes, hamstrings, calves and possibly even feet.

**1.** Start in mountain pose. Deep Inhalation.

**2.** Engage your abdominals as you begin to Exhale bend forward at the

### BENEFITS

hips, keeping the spine straight.

Increases flexibility in the low back and hips

**3.** Lay your chest on your thighs, deep Inhalation/Exhalation here.

Stretches the calves

Great for people with tight hamstrings from sitting for

**4.** Place your hands down on the mat

long periods of time  
and bend your knees if you

experience discomfort.

#### OVERVIEW & PURPOSE

This pose is quite calming to the mind while releasing tension of the posterior body. This asana also increases flexibility in the spine, hamstrings, hips and calves. Also compressing the digestive system, this pose promotes digestion.

#### PROPS & VARIATIONS

Bend your knees if you experience discomfort.

Use blocks/blanket underneath your hands for support.



## LOW LUNGE POSE

anjaneyasana

### **Getting into it**

Feel this pose in your hips, glute muscles, groin, and hamstrings.

**1.** Begin in a forward fold at the top of your mat.

2. Bend your knees and firmly plant your hands next to your feet.

3. Inhale as you take a large step back with one foot.

4. Place your knee on the ground.

#### BENEFITS

The opposite is at a 90 degree angle.

The gaze should be forward.

Improved balance

5. Stay here for several breaths

Better focus

before returning to beginning

Grounding effects

position.

Improved posture

6. Do the same on the opposite side.

#### OVERVIEW & PURPOSE

This asana strengthens the abdominals, which leads to improved posture and reduction in neck and back discomfort. It also massages the internal organs while strengthening the digestive system, low back, pelvic and perineal muscles.

#### PROPS & VARIATIONS

Double your mat under your knee or use a blanket.

#### COUNTERPOSE

Forward Fold



## PLANK POSE

adho mukha svanasana

### **Getting into it**

Feel this pose in your  
abdominals, glutes, your back,  
arms and shoulders.



1. Begin in downward dog.

2. Engage your abdominals and

## BENEFITS

shift your weight forward into a push-up position. Stay here.

Stronger core

Reduced overcompensation of muscles in the neck and back

Improved posture

## OVERVIEW & PURPOSE

This asana strengthens the shoulders and upper body as well as the abdominals. This leads to improved posture and reduction of neck and back discomfort.

## PROPS & VARIATIONS

Double your mat if needed.

If you have a wrist injury, practice this asana on your forearms.

## COUNTERPOSE



EIGHT-ANGLE POSE

ASHTANGA NAMASKAR

**Getting into it**

This asana is called Eight-Angle

because eight points of the body  
are in contact with the ground:

The chin, chest, hands, knees and  
feet.

## BENEFITS

**1.** Begin on all fours with

Strengthens back muscles

hands/shoulders and knees/hips

Stretches the shoulder girdle

stacked.

Improves spine flexibility

Lengthens the cervical spine(neck)

**2.** Inhale. Engage your abdominals

as you shift your chest down onto the  
mat, followed by your chin.

## OVERVIEW & PURPOSE

**3.** Bring your palms to your chest.

Experience a stretch in the entire upper body

Your elbows are close to the body.

and lumbar spine. This asana is a great

Exhale.

beginners backbend that improves spine

flexibility.

### PROPS & VARIATIONS

Double your mat if needed.

### COUNTER POSE

Child's Pose



COBRA POSE

BHUJANGASANA

**Getting into it**

Feel this pose in your back,  
abdominals, quadriceps, pectoral  
and glute muscles.

1. Begin on your belly with feet together. Bring your palms to your chest, your middle finger facing the top of your mat.

2. Inhale as you engage your abdominals and bring your elbows to

**BENEFITS**

your body.

Grounding effects

3. Exhale as you raise your upper

Improved posture

body off of the mat, slowly.

Great for beginning backbends

Promotes flexibility of the lower back

4. Inhale as you come back down to

your mat. Practice this asana again

**OVERVIEW & PURPOSE**

for several rounds before holding the  
pose for longer than 3 breaths.

Typical y the first in the series of backbends, this  
asana is a gentle introduction. By contracting the back  
muscles, it builds strength and improves posture. It

**NOTE:** It's important to counter this  
also has a gentle massaging effect on the internal  
pose with another unless coupled with  
organs.

other poses in a sequence like Sun  
Salutation.

#### PROPS & VARIATIONS

Double your mat if needed.

#### COUNTER POSE

Downward Dog



---

## DOWNWARD DOG

### **Getting into it**

### ADHO MUKHA SVASANA

Feel this pose in your back,  
hamstrings, calves, pectoral and  
glute muscles.



1. Begin in a forward fold.
2. Inhale, bend your knees and walk your hands forward.
3. Your core is engaged as you find your footing, heels on the mat (bend your knees if necessary.)
4. Exhale as you firmly plant your palms.
5. Your middle finger is facing forward, your shoulders are soft.

## BENEFITS

6. Open your chest, rotating shoulders outward.

Great for people with shoulder and neck

discomfort.

7. Create space between your

Strengthens the arms and upper back.

shoulders and ears.

Great pose after extended sitting or standing

8. Gaze between the knees, tuck

your navel in.

## OVERVIEW & PURPOSE

9. Hold here for several breaths or

This asana stretches the posterior body and is great

"walk your dog" by alternating legs to

to transition from one pose to another. It is also a

get deeper into the stretch.

great foundational pose for inversions and arm

balances. As a strength builder for the upper body,

this pose can be great for a "full body effect" if held

properly.

**NOTE:** The goal is to have your heels

on the mat. Bend your knees if necessary.

**PROPS & VARIATIONS**

Practice this on your forearms if you have a hand or wrist injury.



## NECK & SHOULDERS

### SEQUENCE

#### [4 POSES TO INCREASE](#)

#### [CORE STRENGTH](#)

1. Shoulder Wings
4. Cat/Cow
7. Overhead Stretch
2. Side Angle Pose
5. Child's Pose
8. Threading Needle
3. Shoulder Rotations
6. Pulling Rope
9. Happy Baby Pose

Click on the Sequence to Download

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Page 36



## SIDE ANGLE POSE

### **Getting into it**

Feel this pose in your entire side

body: arms, shoulders, back, hips,  
and glutes.

1. Begin in seated position.

2. Inhale as you place your Left hand

BENEFITS

onto the mat.

Improved Posture

3. Exhale. Bend to the side, placing

Great for people with desk jobs.

your elbow onto the mat, going deeper

Increased circulation in the sides, neck and

into the stretch.

back.

4. Your Right arm is extended above

head and to the side.

## OVERVIEW & PURPOSE

5. Twist your torso as you Gaze up to

This pose is great for stretching the side body  
your thumb. Your chest is open.

and shoulder girdle. People with all types of

back pain can experience benefits from this

6. Stay here several breaths before

pose. Massages the internal organs while  
returning center, and to the opposite

side.

stretching the hips, side body and chest..

7. The arm is stretched to your body's

capacity only. The goal is to feel the

## PROPS & VARIATIONS

stretch and awaken the side body.

Place a blanket underneath your arm if you aren't able to reach your forearm on the floor.

## COUNTERPOSE

Child's Pose

Page 37



## SHOULDER ROTATIONS

### SKANDA CHAKRA

#### **Getting into it**

Feel this pose in your arms, hands, shoulders, neck and upper body.

#### **1. Begin in seated position.**

**Place fingertips on your shoulder**



**joint.**

BENEFITS

**2. Inhale. Elbows parallel to the**

## **floor.**

Helpful for people that do lots of sitting and

typing.

### **3. Bring elbows to your ears.**

Relieves cervical spondylitis.

Maintains shape in the shoulders and chest.

### **4. Exhale on the downward stroke.**

## OVERVIEW & PURPOSE

### **5. Slowly rotate elbows forward in large circles.**

Increases circulation in the arms, hands,

### **6. Slowly practice this asana 10**

shoulders, neck and upper body. It also relieves

**rounds in each direction.**

strain from driving and office work.

**NOTE:** You may notice “popping

**PROPS & VARIATIONS**

or snapping” sensations and

sounds while practicing this

This asana can be practiced in any seated or

asana. It is a sign of limited

standing position.

circulation in the joint and is not

uncommon. It is safe to practice

**COUNTERPOSE**

unless you experience pain or

discomfort.

Child's Pose



**PULLING ROPE**

**RAJJU KARSHANASANA**

## **Getting into it**

Feel this asana in the upper  
back, neck, pectorals, deltoids,  
arms, and wrists.,

## **BENEFITS**

**1.** Begin in a seated position.

Stretches upper back muscles.

**2.** Your abdominals are engaged,

Develops strength in pectoral muscles.

your spine is straight.

Great for people with neck, arm and shoulder pain.

**3.** Inhale raise your hand to the air,

Great for people that experience tension headaches.

fingers stretched.

**4.** Look to your hand.

## **OVERVIEW & PURPOSE**

5. Create a fist, thumb inside.

This exercise is great for increasing blood flow and

6. Exhale slowly bring your arm  
down.

range of motion in the neck, chest and shoulders. A

great warm-up for people that experience neck and

Practice 5-10 rounds.

shoulder tension.

Imagine there is a rope

PROPS & VARIATIONS

hanging in front of the body.

Both arms do not move at

Place a small pillow or blanket on your calves to

sit on, if you experience knee discomfort.

the same time. Eyes follow

the downward hand.

COUNTER POSE



## OVERHEAD STRETCH

### Getting into it

Feel this asana in the upper  
body: neck, pecs, trapz, deltoids,  
triceps, flexor/extensors,  
erectors, obliques,

1. Interlock fingers. Abs are engaged,

### BENEFITS

the spine is straight.

3. Inhale raise your hands to the air.

Stretches muscles responsible for some neck/face

Palms facing up.

tightness.

Great warm-up for the shoulders, neck and spine.

4. Exhale extend your hands to the

Great for people with neck, arm and shoulder pain.

side, feel side body stretch

.

5. Inhale back to center.

OVERVIEW & PURPOSE

6. Exhale as you bend to the

opposite side.

This exercise is great for increasing blood flow

and range of motion in the neck, chest and

7. Release. Feel the blood flow in the

shoulders. A great warm-up when done alone.

hands, arms and back.

**8.** Inhale as you interlock fingers

#### PROPS & VARIATIONS

behind your back.

**9.** Exhale and slowly come to child's

Use a strap or belt, if unable to interlock fingers.

pose with forehead on mat and arms

Place a blanket in front if unable to reach top of

overhead.

head to mat.

Double your mat for additional support.

**10.** Inhale/Exhale. Place the top of

your head on the mat for a deeper

stretch.

#### COUNTER POSE

**11.** Stay here several breaths before

Child's Pose



returning to child's pose.



LOW BACK & HIP OPENING

SEQUENCE

4 POSES TO INCREASE

CORE STRENGTH

1. Raised Leg Pose
5. Butterfly Pose
9. Downward Dog
2. Supine Child's Pose
6. Hip Crank
10. Low Lunge
7. Cat/Cow
3. Supine Spinal Twist
8. Low Lunge
11. Child's Pose
4. Side Angle Pose
12. Happy Baby

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Click the Sequence to Download the video tutorial!



## RAISED LEG POSE

### UTTAHANPADASANA

#### **Getting into it**

Feel this pose in your abdominals, hips, knee joints, glutes and groin muscles.

**1.** Lay on your back, palms down.

Inhale.

**2.** Engage your abdominals and raise one leg up to your body's capacity.

#### BENEFITS

**3.** Exhale. Bring your heel back down

Stronger core

to the floor, without touching the mat.

Reduced overcompensation of muscles in the

**4.** Inhale as you bring your leg back

neck and back

up, with your core engaged.

Improved posture

**5.** Exhale as you bring your leg back

OVERVIEW & PURPOSE

down.

**6.** Practice this motion with the

This asana strengthens the abdominals, which

opposite leg.

leads to improved posture and reduction in neck

and back discomfort. It also massages the internal

7. Begin to alternate legs one at a time, while strengthening the digestive system, time, still not touching the floor.

low back, pelvic and perineal muscles.

Next: complete this exercise by

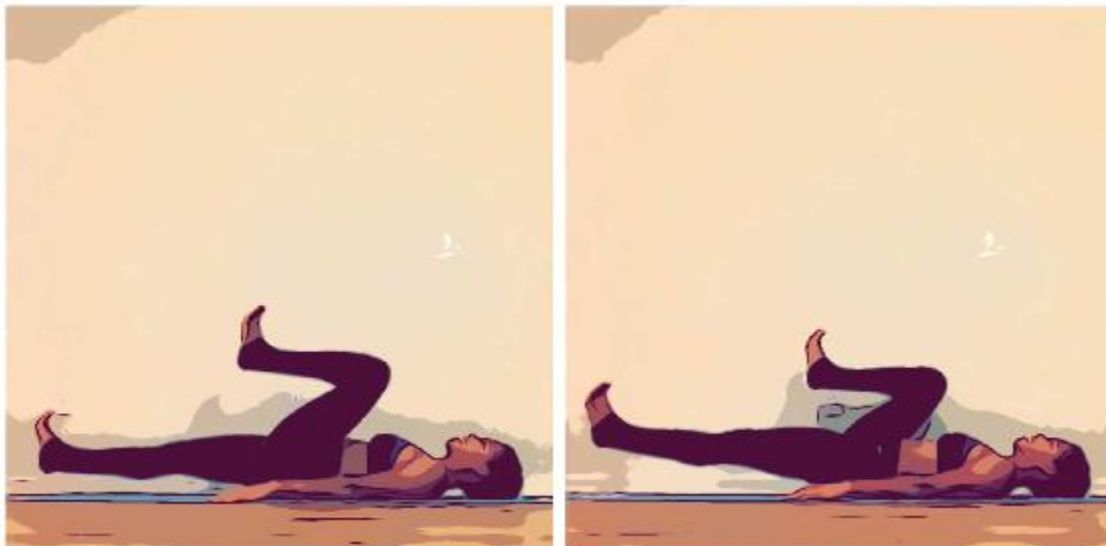
### PROPS & VARIATIONS

raising both legs simultaneously for 8 rounds.

Double your mat or use a blanket

### COUNTERPOSE

Supine Child's Pose



## CYCLING POSE

### **Getting into it**

#### PADA SANCHALANASANA

Feel this pose in your abdominals, hips, knee joints, glutes and groin muscles.

1. Begin on your back, palms down.

2. Raise one leg up to your body's capacity, bend the knee.

3. Bring your thigh to your chest

Inhale.

#### BENEFITS

4. Exhale as you straighten your leg as if pushing on a bicycle.

Stronger abdominal muscles

Relieves lower back pain

5. Complete the cycling movement

Improved posture

without touching the floor.

6. Inhale, bend the knee and bring the

OVERVIEW & PURPOSE

thigh to the chest to repeat the motion.

This exercise is great for people that

7. Practice this 5 times with each leg

experience back pain or discomfort. This asana

individual y..

is also great for the hip and knee joints, while

strengthening lower back and abdominal

muscles.

PROPS & VARIATIONS

Next: practice this 10 rounds in

complete cycling motion alternating

Double your mat or use a blanket for additional

legs. Practice both legs  
support underneath your back.  
simultaneously for a challenge.

## COUNTERPOSE

Happy Baby Pose



HAPPY BABY POSE



## ANANDA BALASANA

### **Getting into it**

Feel this pose in your abdominals, hips, knee joints, glutes and groin muscles.

1. Begin laying on your back.
2. Bring your knees to your chest.
3. Bring your arms underneath your

### BENEFITS

calves as you bring your knees to the sides of your body.

Great for low back tightness.

4. Hold here for several breaths,

Opens tight hips.

exhaling as you get deeper into the

Preparatory pose for the splits.

stretch.

Great for a quick break away from the desk.

## OVERVIEW & PURPOSE

The name of this pose reflects its playful nature.

**NOTE:** This asana is great for

This asana is great for people that experience  
beginning your journey to splits.

low back pain, as it's great for opening the hips  
and glute muscles. It also stretches the lumbar  
muscles of the low back.

## PROPS & VARIATIONS

Double your mat or use a blanket

## COUNTERPOSE

Supine Child's Pose



DEEP RELAXATION POSE

SAVASANA

**Getting into it**

You may experience a chill as you reach a deep state of relaxation, among other sensations.

The goal of meditation isn't to eliminate thoughts. It is simply to create an awareness and the ability to better control them.

**1.** Lying on your back, feet spread to the sides of the mat, slightly more than hip width.

Click to see how to safely get up from

**2.** Arms are straight, at your sides but Savasana.

not touching your body. Palms facing

**BENEFITS**

up.

**3.** Close your eyes, and begin to gaze

Encourages deep relaxation.

inward. Begin practicing Breath

Great to begin meditation.

Awareness.

Increased concentration.

## OVERVIEW & PURPOSE

### **NOTE OF CAUTION:**

This is a very vulnerable pose. Like

This asana is very important to a yoga practice. It's

with many poses, there's a chance of

typical y used to begin and end a yoga session.

having an "emotional release". This

Though it appears to be an easy pose, it's actual y

can happen in the form of laughter,

one of the most difficult for many, as it is a pose of

tears, or possibly even anxiety.

surrender and letting go. Many have a tough time

If you have ANY HISTORY OF

lying stil with their thoughts, but this calming asana

ANXIETY ATTACKS OR MENTAL

does just that.

ILLNESS it is IMPERATIVE that you

take note of your well-being before

## PROPS & VARIATIONS

fully immersing yourself in this asana.

Grab a blanket, in case you get cold.

Page 45

## TAKE THE NEXT STEP

I hope this ebook has helped you to become more mindful while becoming mentally and physically stronger.

Would you be interested in receiving a customized sequence and video just like here in the book? What about a private yoga class over video chat in the comfort of your own home?

Take your practice to the next level with my personalized *Beginner Yogi Program* that builds off the foundation laid in this book.

The *Beginner Yogi Program* is personalized specifically for you, your body and your yoga goals.

With two different options available, this program is meant

for people serious about their journey and are ready to take their practice to the next level.

This online program will help you in the next stages of your journey to a happier, healthier and calmer version of yourself.

[Click Here to Take the Next Step!](#)

## RESOURCES

"LIGHT ON YOGA" - BKS IYENGAR

"YOGA BODY & MIND HANDBOOK" - JASMINE

TARKESHI

"YOGA SEQUENCING" - MARK STEPHENS

"YOGA JOURNAL" - WWW.YOGAJOURNAL.COM

"THE ART OF PEACE AND RELAXATION WORKBOOK" -

BRIAN LUKE SEAWARD

"CALM: 50 MINDFULNESS AND RELAXATION

EXERCISES TO DE-STRESS AND UNWIND" -DR.

ARLENE UNGER