



YOGA BASICS FOR BEGINNERS

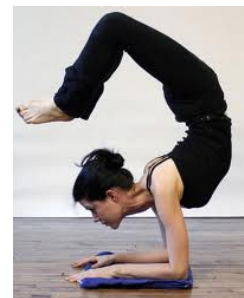
If you are planning on starting a new basic yoga or yoga-for-beginners' class, there are a few things you need to keep in mind. In fact there are six basic yoga things to remember when choosing a yoga-for-beginners class.

First of all make sure you are healthy enough for a basic yoga class. While a yoga-for-beginners class is usually not very difficult, you may want to speak to your doctor first if you have major health problems. In some cases, a doctor may even recommend a basic yoga class to help with healing of an injury. In a yoga-for-beginners class, you will learn many basic yoga breathing exercises, which can be very beneficial for healing.

You will next need to understand that a basic yoga class is a place for individual growth. Do not become discouraged if it seems that the other members of your yoga class are way ahead. Each person should develop their own pace and comfort level.

When choosing a yoga-for-beginners class consider that half of the yoga process is physical and half is mental. You must be willing to put forth the effort for basic yoga mental exercises. These techniques may include inner reflection or exercises to eliminate tension and stress.

You will want to choose the basic yoga type that best fits your expectations. Some yoga-for-beginners classes focus on breathing techniques, some on physical activity and others even use laughing as a method for growth. Not everyone will be comfortable in each class type. Make sure you investigate the studio and class to make sure you will not feel uncomfortable. Many studios will even allow you to try just one yoga-for-beginners session to ensure a good fit.



Basic yoga requires a commitment just like any other exercise regimen. Just because a yoga-for-beginners class may seem easy, you still need to attend regularly to get the full results. Most instructors recommend that you attend at least three times a week. Most basic yoga lessons build upon one another as well. You may learn a technique one session that is critical to perform in the next class. While it is completely up to you how often you attend, you will feel better and advance quicker if you attend regularly.

The most important thing to consider in a basic yoga class is to have fun. Every person in a yoga-for-beginners class will mess up at some point. Do not feel guilty or ashamed if you make a not so graceful move. Yoga is meant to be an avenue to clear the mind and enjoy being inside your own skin. If you spend the whole class stressing over not making mistakes, this goals may be hard to reach. Just relax have fun and don't worry; everyone is going to make mistakes or have difficulties along the way. The point of yoga is learning how to deal with those hurdles.

Recommendations courtesy of



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