

GENERAL GUIDELINES - 1 Guidelines

Yoga Exercises:

1. require no equipment
(except a yoga mat and a pair of blocks).
2. are usually done barefoot, in comfortable clothing.

A Yoga Session:

1. should generally begin with sitting and breathing
for 3-5 minutes to help relax the body and focus the mind.
2. should end with 3-5 minutes of complete relaxation
for the mind and body.

GENERAL GUIDELINES - 2 Tips

1. Listen to your body and proceed at your own pace.
2. Breathe through the nose only, using full, deep breaths.
3. Never force a position, grip, or pull while practicing.
4. In general, exhale into positions of torso flexion,
inhale into positions of torso extension.
5. In general, wide stance is:

3.5 - 4 ft. for people 5'2"-5'8"
4 - 4.5 ft. for people 5'8"-6'
4.5 - 5 ft. for people 6'-6'5"

Beginners will start closer in than those more practiced.

6. Flexion of the torso over the legs should be a hinge
from the hip. The pelvis and back stay in the same line.

GENERAL GUIDELINES - 3 Modifications for Beginners
(or Those with Back / Neck / Knee Concerns)

1. A blanket or cushion under the seat eases sitting.
2. With limited knee mobility or tight hips,
cross legs at ankle instead of folding them in.
3. Neck may be straight instead of turned or arched.
4. Hands may be on hips instead of reaching.
5. Legs may be slightly bent instead of straight.
6. Range of motion may be reduced.
7. Length of time in a position may be reduced.
8. In floor positions, may support body with hands on floor.
9. May use wall or chair to help balance.