

Welcome to Yoga



How to Practice the Yoga Poses

ENJOY:

Allow yourself to have fun with the feeling of the movement, more than focusing on doing the pose perfectly.

LISTEN TO YOUR BODY:

Pay attention to how your body feels in the poses. If your muscles are strained or you are forcing a pose, relax and move to a more comfortable position. Experiment with keeping your eyes open and closed in the poses to see which you prefer in the moment.

BREATHING:

Your breathing is just as important as the movements of the pose. Pay attention to your breath and practice taking long, deep inhales and exhales.

WHERE TO PRACTICE POSES:

Practice barefoot, on a yoga mat, the grass, the beach, anywhere with a non-slippery surface!

BE SAFE:

If something hurts or you're unsure of how to do a pose safely, talk to a trusted adult or doctor.



Mountain



Half-way lift



Chair



Tree Pose



Warrior 1



Reverse Warrior



Dancer Pose



Cobra



Forward fold



Pigeon Pose

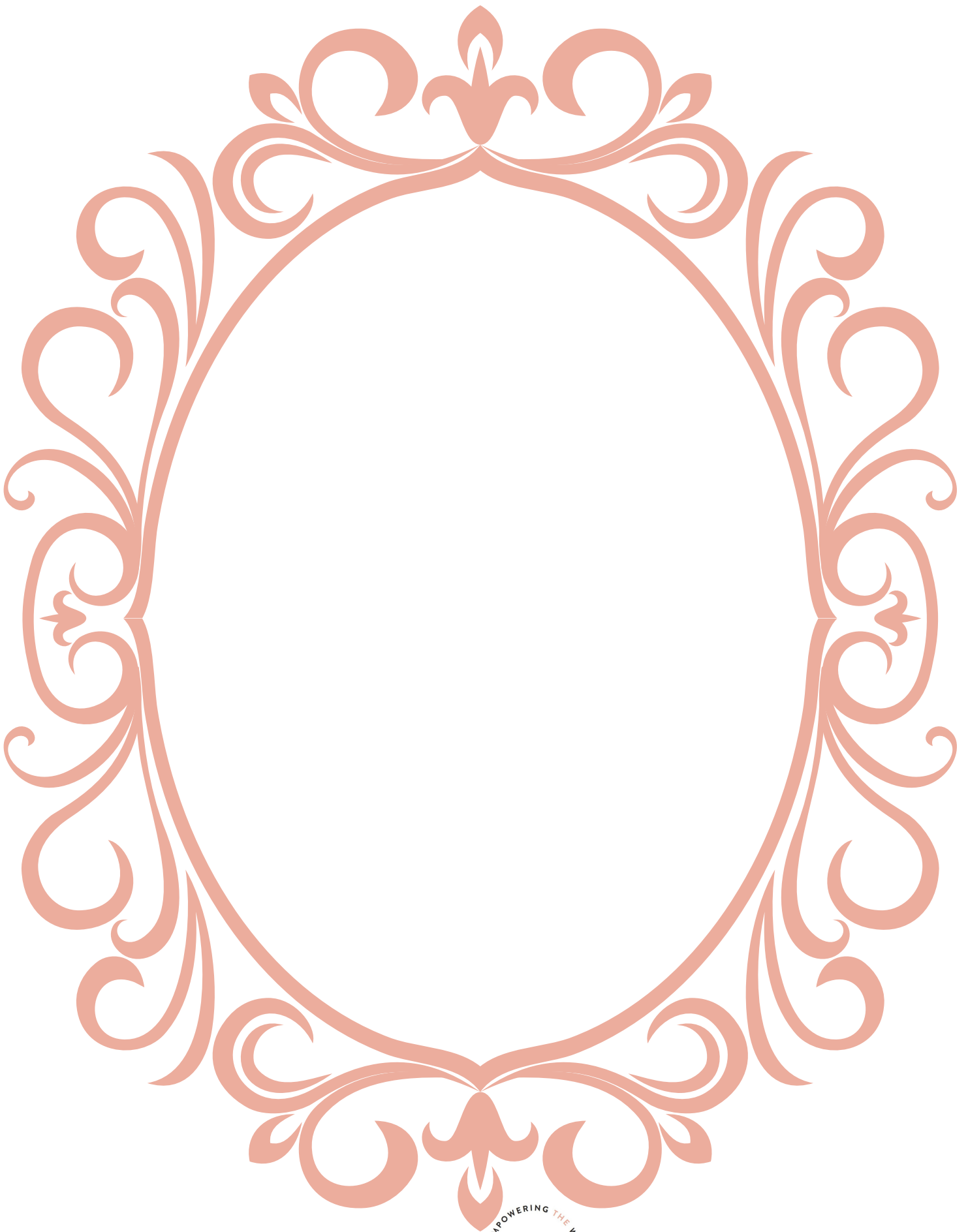


Seated twist



Frog

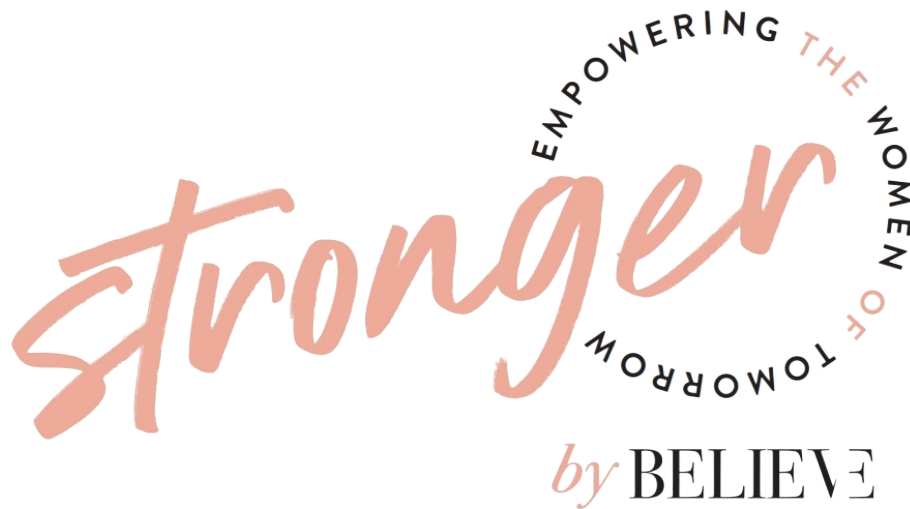




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Thanks so much for joining us!

Here is where you can find us:



www.strongerbybelieve.com

EMAIL:

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Disclaimer

Please talk to your doctor before you start practicing yoga. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or medical condition. If you experience shortness of breath, while practicing yoga or when doing the breathing techniques, you should stop the practice immediately. This includes feeling lightheaded, dizzy, or nauseous. It's important to note that Kristine and Sam are not trained psychologists or counsellors and they are not intended to be a substitute for professional medical advice.