

TIPS FOR BEGINNING A

YOGA

practice

WHEN:

Establish a time to practice so it becomes part of your routine. Early in the morning or late afternoon are good times to set aside. Make sure you leave at least 2 hours after a big meal before you practice.

WHAT:

To get started all you'll need is a mat and some things from around the house, blankets, towels, books a strap and a chair. You will also need some clear wall space. You can gradually build up your yoga props like the ones in the photo. iyogaprops and stretchnow have a great range available in Australia.

Find the Joy!

WHERE:

Set up your practice space with all your equipment and keep it there, even if it is in a corner of a room. This makes it so much easier to get on the mat! A nice candle or incense and some beautiful art or music help to make your practice a ritual.

HOW:

Choose a video that is appropriate to where you're at and how you're feeling on the day. If you're a beginner don't rush ahead until you've built up understanding and stability. If you have your period, choose a forward bending or restorative practice to help support your body.

If you are pregnant or working with a an illness or injury, please consult your doctor and try to work with a teacher in person before you start an online practice. Contact me for support too!

