

10 Things Every Beginner Yogi Should Know

1

It is ok to do yoga at home. There are many wonderful instructors offering free and paid content online. This is a great place to start if you are unsure of yourself.

2

The mat doesn't judge. The mat doesn't count how many days it has been since you last stepped on or sat on it. It also doesn't know how much you weigh or about the cookie (or 5 ;)) you ate last night. The mat is always there to support you.

3

People are built differently. You might never be able to be a pretzel, but that's ok. Yoga is not about being a certain size or shape or about whether or not you can contort yourself into Instagram worthy shapes.

4

Yoga is about connecting your mind, body, and breath. It is about listening to your body; it is about getting reacquainted with your body; it is about learning to both love your body where it is and it is about challenging your mind and body.

5

The most advanced yogis and yoginis love their props. Bring on the props. Props allow you to go deeper while maintaining form and safety. It took me a long time to put my pride on the shelf and use the props, but now I can't imagine doing yoga without props.

6

Yoga is cumulative. You don't lose progress when you miss class. You obviously want to make it to your mat so you can continue to grow, but 5-10 mins here and there add up. Yoga doesn't always mean 90 min on the mat each day (That is hardly ever true for me. Who has time for that??)

7

Yoga is practiced in many different ways. There are so many different types of yoga. Hatha, Vinyasa, Yin, Restorative, Power, Bikram, Kundalini, Power etc. Find what works for you! Try them all. Mix it up.

8

Yoga can challenge us emotionally. This was a touchy subject for me because I used to bottle up emotions, but when you start listening to your body you will often have emotional releases. Yoga mats absorb tears. Other yogis are here for you. It will be ok.

9

Yoga can only begin in the moment of now. You can't keep putting it off until things get less busy or you lose 20 pounds. Yoga is about being in the present and facing your life head on.

10

Yoga has seasons and is a journey. We are always growing and changing. Change is inevitable and just as we go through seasons of life, you will go through seasons in your yoga. As long as you keep showing up, you will be fine.

GROUND
& GROW
YOGA

