



# Beginner Yoga Guide

8 foundational poses with real form photos

## Welcome to your yoga practice

Yoga is a gift you give your body — no experience or flexibility required. These 8 foundational poses build strength, ease stress, and reconnect you to a body that's changing. Move gently. Breathe deeply. Modify anything.

## YOUR PRACTICE TARGET

# 10–15 minutes, 3–5x per week

Consistency > perfection · Even 5 min counts

## WHAT YOU NEED

- **Mat or towel** A rug works too. Anything soft for your knees.
- **Comfortable clothes** Anything you can move in freely.
- **Water bottle** Hydrate before + after, not during.
- **Optional: a block** A book or firm pillow works as a substitute.
- **A quiet corner** Even 6x4 feet is plenty of space.

## THE 4 GUIDING PRINCIPLES

- **BREATH FIRST** Inhale through nose, exhale through nose.
- **EASE OVER EFFORT** Yoga isn't a stretch competition.
- **BODY AWARENESS** Notice tightness, tension — no judgment.
- **PRESENCE** Come back to your body, right now.

## COACH'S TIP

If a pose feels wrong, it IS wrong for today. Modify, use props, or skip.





# Child's Pose

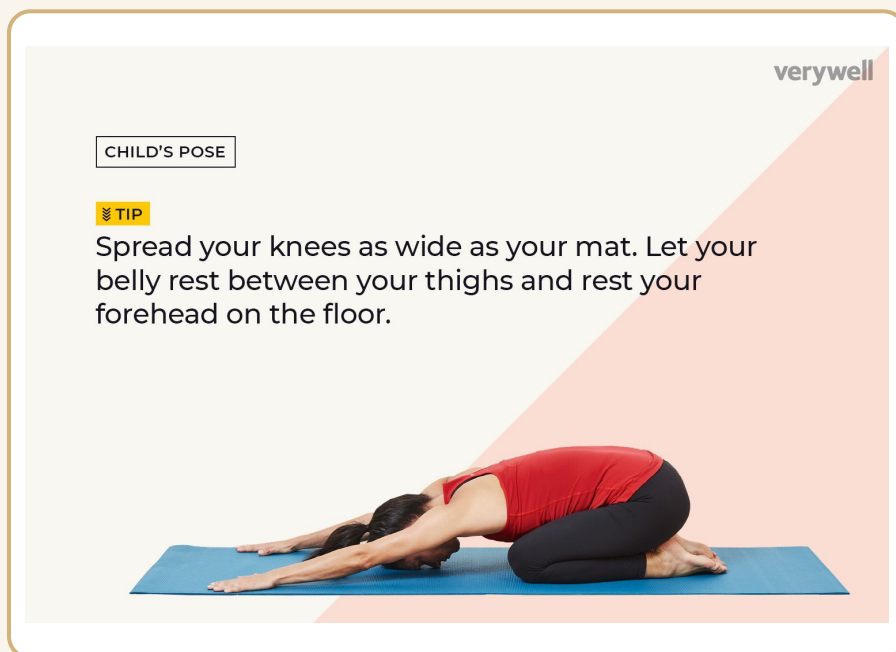
*Balasana — the resting reset*

1

POSE 1 OF 8

Opens: Hips, low back, mind

HOLD 1–2 MINUTES



## HOW TO GET INTO IT

- 1 Kneel on your mat with big toes touching.
- 2 Widen your knees to a comfortable distance apart.
- 3 Fold forward, arms extended in front of you.
- 4 Rest your forehead on the mat or on a fist.
- 5 Breathe deeply into your back body.

### COACH'S TIP

Return here anytime during practice — this is your 'reset' pose.





# Cat-Cow

*Marjaryasana-Bitilasana*

2

POSE 2 OF 8

Opens: Spine, shoulders, neck

8–10 SLOW ROUNDS



## HOW TO GET INTO IT

- 1 Start on hands and knees, wrists under shoulders.
- 2 INHALE: Drop belly, lift chest and tailbone (Cow).
- 3 EXHALE: Round spine, tuck chin and tailbone (Cat).
- 4 Move slowly, letting breath lead each motion.
- 5 Feel each vertebra articulate.

### COACH'S TIP

The best morning move — wakes up your spine in 60 seconds.



# Downward-Facing Dog

*Adho Mukha Svanasana*

3

POSE 3 OF 8

Opens: Hamstrings, calves, shoulders

HOLD 30–45 SECONDS



## HOW TO GET INTO IT

- 1 From hands and knees, tuck your toes under.
- 2 Lift hips high, straightening legs as far as feels good.
- 3 Aim for an inverted V shape — bent knees are welcome!
- 4 Press through your palms and spread your fingers wide.
- 5 Pedal your feet gently to loosen the hamstrings.

### COACH'S TIP

Bent knees are welcome forever. A long spine is the goal, not straight legs.





# Warrior II

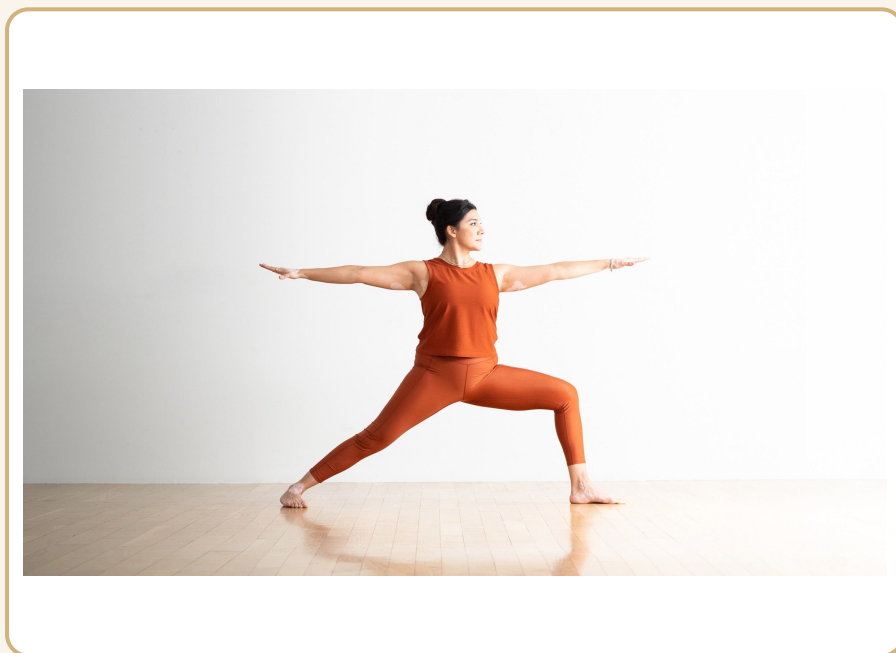
*Virabhadrasana II — feel powerful*

4

POSE 4 OF 8

Opens: Legs, hips, shoulders, focus

HOLD 30 SEC EACH SIDE



## HOW TO GET INTO IT

- 1 Take a wide stance, front foot forward and turned out.
- 2 Back foot at 90° angle to the front foot.
- 3 Bend front knee to 90° — knee over ankle, not past toes.
- 4 Extend arms parallel to the floor, palms facing down.
- 5 Gaze softly over your front hand.

### COACH'S TIP

Sink deeper by imagining you're pressing the floor apart with both feet.





# Tree Pose

*Vrksasana — the balance builder*

5

POSE 5 OF 8

Opens: Balance, ankles, focus

20–30 SEC EACH SIDE



## HOW TO GET INTO IT

- 1 Stand tall, shift your weight into your left foot.
- 2 Place right foot on ankle, calf, or inner thigh.
- 3 NEVER place the foot on the knee — anywhere else is fine.
- 4 Hands at heart center or reach overhead.
- 5 Fix your gaze on one still point and breathe.

### COACH'S TIP

Wobbling is your muscles learning. Balance is a skill, not a talent.



# Bridge Pose

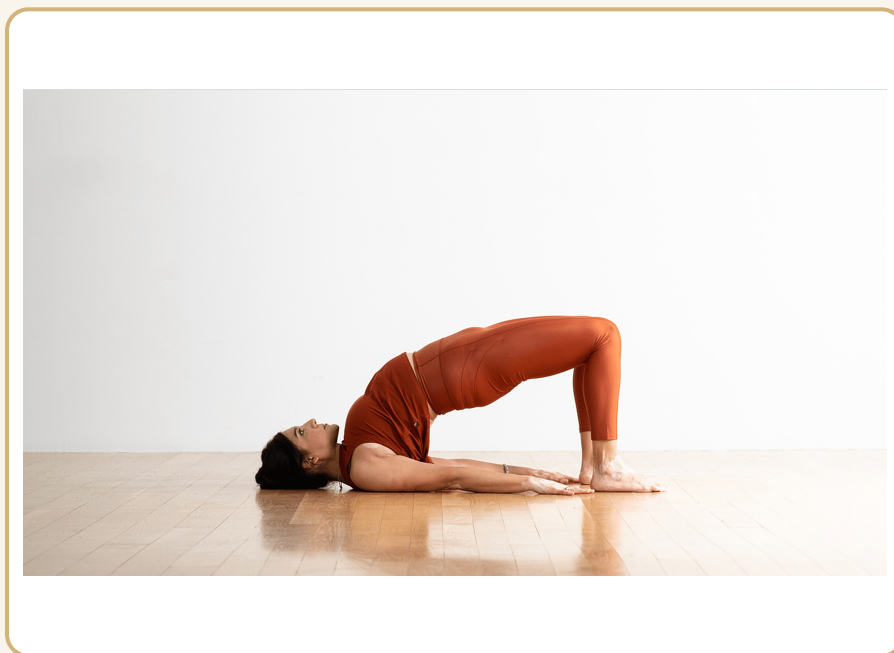
*Setu Bandha Sarvangasana*

6

POSE 6 OF 8

Opens: Glutes, back, chest, mood

HOLD 30–45 SECONDS



## HOW TO GET INTO IT

- 1 Lie on your back with knees bent, feet flat.
- 2 Feet are hip-width apart, arms alongside body.
- 3 Press feet into the floor and lift hips toward ceiling.
- 4 Optional: interlace hands under back for a deeper lift.
- 5 Squeeze glutes gently at the top.

### COACH'S TIP

Backbends open the heart — literally and emotionally. Great for lifting a low mood.





# Seated Forward Fold

*Paschimottanasana — the surrender*

7

POSE 7 OF 8

Opens: Hamstrings, spine, stress

HOLD 45–60 SECONDS



## HOW TO GET INTO IT

- 1 Sit with your legs extended straight in front.
- 2 Inhale to lengthen up through the crown of your head.
- 3 Exhale to hinge forward from your hips (not your back).
- 4 Reach for shins, ankles, or feet — wherever you land.
- 5 Bend your knees generously if needed.

### COACH'S TIP

The goal isn't to touch your toes. It's to breathe deeply wherever you fold to.



# Savasana

*Corpse Pose — the integration*

8

POSE 8 OF 8

Opens: Nervous system, mind, integration

HOLD 3–5 MINUTES



## HOW TO GET INTO IT

- 1 Lie flat on back, legs slightly wider than hip-width.
- 2 Arms alongside body, palms turned up to ceiling.
- 3 Let your feet flop open naturally.
- 4 Close eyes and soften your face and jaw.
- 5 Breathe naturally and let everything go.

### COACH'S TIP

Never skip Savasana — it's where the practice integrates in your body.



# Your Practice Flow

*Put the 8 poses together into a routine*

## THE 15-MINUTE BEGINNER FLOW

|       |                     |                                |
|-------|---------------------|--------------------------------|
| 1 MIN | Child's Pose        | Settle in. Set your intention. |
| 2 MIN | Cat-Cow             | Warm up spine. 10 slow rounds. |
| 1 MIN | Down Dog            | First one is a wake-up call.   |
| 2 MIN | Warrior II          | One minute each side.          |
| 1 MIN | Tree Pose           | 30 sec each side.              |
| 1 MIN | Bridge Pose         | Two rounds of 30 seconds.      |
| 2 MIN | Seated Forward Fold | Soften into it.                |
| 5 MIN | Savasana            | Don't rush this. Ever.         |

## SAMPLE WEEK

|           |                                 |        |
|-----------|---------------------------------|--------|
| MONDAY    | Full 15-min flow (all 8 poses)  | 15 min |
| TUESDAY   | Cat-Cow + Down Dog + Savasana   | 8 min  |
| WEDNESDAY | Full 15-min flow                | 15 min |
| THURSDAY  | Only Child's Pose + Savasana    | 8 min  |
| FRIDAY    | Full 15-min flow                | 15 min |
| SATURDAY  | Longer practice — hold poses 2x | 20 min |
| SUNDAY    | Bedtime yoga (just Savasana)    | 5 min  |

### COACH'S TIP

Yoga isn't about touching your toes. It's about what you learn on the way down.

### A GENTLE REMINDER

Your yoga practice is yours. Not Instagram's — yours.  
Show up as you are. Breathe. Everything else is a bonus.