

Beginner Tips on How to Develop a Yoga Routine

Yoga is a universal practice - it helps to discipline oneself physically, mentally, and spiritually. It brings you peace of mind.

There are countless advantages to doing yoga. Not only does it help you to be calmer and more collected, but it also helps you to be physically fit.

I remember when I first started doing yoga. The first few days were the hardest. But gradually, I became more aware of how healthy I was feeling every day. And how calm I was most of the time.

If you are thinking about starting Yoga, there are some tips and tricks you need to follow. These tips are great and even someone who is just starting will benefit greatly from these.

The Different Types of Yoga

You may be wondering: How many types are there? Which pose would work better for me?

Let's get familiar with the different types of Yoga you can start with as beginners, and which poses you might want to start with.

Hatha Yoga

As you are a beginner. You would naturally want poses that are slow and easy to practice. Hatha yoga is the perfect type of yoga you'd want to start with.

Hatha builds your body to be more flexible. This type of Yoga creates a connection between mind and body. You are less likely to cause an accident as this mostly focuses on balancing your body.

It starts in a gently at first but can get tough as you keep progressing. All in all, it's a great place to start as a beginner.

Vinyasa Yoga

This type of yoga will make you visibly stronger and more flexible. The poses focus on your breathing and the various movements of the poses will make your lungs stronger.

This type of yoga is more about having a peaceful mindset. The poses are planned meticulously. The transition between the poses is very smooth and very balanced.

There are various poses like the plank pose or the downward facing dog pose that are just some of the poses included in this type.

Ashtanga Yoga

Ashtanga Yoga was the first type I started with. It was backbreaking at first. And yet, the more I practiced I got better at it. I started to feel healthy and found out I had more stamina in me.

This helped me to get my life back into a routine and improved my eating habits. Although this can be challenging at first, they are still good for beginners to start with.

This type has four parts included in the practice itself:

- The opening session - Starts at 10 Sun Salutations.
- The main session - This series can contain up to six different kinds of standing poses.
- Back-stretching session - The cat pose or the boat pose are just a few of the many poses included in this.
- A finishing session - This consists of poses that make the session more relaxing and rewarding. Resting in the corpse pose or doing an ear pressure pose helps to unwind.

Before you sign up for your yoga class take a few days to do some research. The more you know the better. Gaining some knowledge before joining a class will help you immensely.

Get To Know the Poses

It would be quite foolish to start a class without having any prior knowledge about any yoga poses. Many instructors either use English or Hindi terms in their sessions.

Get to know the poses and terms that are normally used in most yoga sessions. Remember to take your time to practice them. Watch videos online or read up on some books.

There are poses like the downward-facing dog and the dolphin pose that are widely used in almost every yoga session.

It's a good idea to brush up on the different terms the poses have. And it only tends to benefit you if you just prepare yourself a little.

You should only try out advanced poses such as [inversions](#) once you're confident and proficient with the beginner poses.

What You Need

Mats! Yoga mats are a must-have. Many yoga teachers prefer that students bring their own mats. Or you can just simply rent a mat directly from the studio.

Buying the right gear is very important. Many poses require you to stretch and move in ways that might not benefit your regular workout clothes.

Keep in mind when you are buying a mat, always check out how thick they are. It's up to you how thick or thin you want your mat to be. Being able to carry them is also something you should consider.

There are other factors such as different types of textures and materials as well. There are sizes and prices you need to be smart and knowledgeable about as well.

How To Find the Right Spot

Many instructors prefer the newbies to be at the front when they start a new class. The reason behind this is that they ask you to follow them and not get distracted by the class.

But there are some instructors who move around the room to observe the students. It is more beneficial than if you pick the spot at the back. This way, you can have a view of the whole room and observe how everyone else is doing.

It's not necessary for you to perfect every pose like the regular students. Take your time and do things at your own pace. Practice the basics.

If you feel like you need a break, take it. There's no rulebook there that says you have to be a pro after your first class and that you need no breaks.

Create Your Own Style

Try out as many types and styles as you want before you settle on a routine of your own first. Find out what works best for you.

Yoga can help in many ways than you can possibly imagine. Once you start practicing on a regular basis, you'll find out what your body needs and what it doesn't.

There are sessions where you can calm yourself down if you're feeling too anxious. Or if you are feeling really pumped up and energetic, do a session that can match your energy.

Create your own style and practice daily!

Final Thoughts: Dedication to Your Routine

I used to get up early every day and do my yoga routine outside on my balcony. Something about the early morning air made it more refreshing.

Dedicating yourself to your yoga routine will help you to reap the benefits on a more constant basis.

Practice daily and find new ways to motivate yourself. Self-care is the most important type of personal care. So, live a happy and healthy life, both physically and mentally!

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