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Beginner lessons for Evening Yoga

Unwind Your Day with Evening Yoga for Beginners

DEFINITION

> Evening yoga is a gentle practice designed to relax the body and mind before bedtime. It helps reduce stress and improve sleep quality.

KEY CONCEPTS

Breath Awareness

Focusing on your breath helps calm the nervous system and enhances relaxation.

Gentle Poses

Simple poses like Child's Pose and Cat-Cow stretch the body and release tension.

Mindfulness

Practicing mindfulness during yoga helps you stay present and reduces anxiety.

Evening Routine

Incorporating yoga into your evening routine signals your body it's time to wind down.

Meditation

Ending your session with meditation can deepen relaxation and prepare you for sleep.

EXAMPLES

→ Perform Child's Pose for 5 minutes to release back tension.

→ Practice deep breathing exercises while seated on a mat.

→ Finish with a 10-minute guided meditation.

MEMORY TIPS

★ Remember 'B-GEM' for Breath, Gentle poses, Evening routine, Mindfulness.

★ Visualize a calm sunset to associate with evening yoga.

★ Link poses to relaxation: Child's Pose = Rest, Cat-Cow = Flow.

COMMON MISTAKES

✗ Rushing through poses instead of focusing on breath.

✗ Practicing too intensely instead of gently unwinding.

✗ Skipping meditation at the end of the session.

QUICK RECAP

Evening yoga is about relaxation and preparing for sleep. Focus on gentle poses, breath awareness, and mindfulness to enhance your practice. Always finish with a short meditation for optimal benefits.