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Beginner lessons for Flexibility

Unlock Your Body's Potential with Beginner Flexibility in Yoga!

DEFINITION

> Flexibility in yoga refers to the ability of your muscles and joints to move through their full range of motion. It enhances physical performance and reduces the risk of injury.

KEY CONCEPTS

Warm-Up Importance

Warming up prepares your muscles and joints for stretching, preventing injury.

Static Stretching

Holding a stretch for a period helps improve flexibility gradually over time.

Dynamic Stretching

Involves moving parts of your body through their full range of motion to warm up.

Breath Control

Using deep, controlled breaths during stretches enhances relaxation and effectiveness.

Consistency

Regular practice is key to improving flexibility; aim for short, frequent sessions.

EXAMPLES

→ Cat-Cow Stretch for spine flexibility

→ Downward Dog for hamstring and calf stretch

→ Seated Forward Bend for lower back and hamstrings

MEMORY TIPS

★ Think 'WBD' - Warm-up, Breath, Dynamic stretches!

★ Use 'SBD' - Stretch, Breathe, Deepen for each pose.

★ Remember 'C-R-E' for Consistency, Relaxation, and Engagement.

COMMON MISTAKES

✗ Skipping warm-ups before stretching.

✗ Pushing too hard and risking injury.

✗ Neglecting breath control during poses.

QUICK RECAP

Flexibility in yoga is essential for enhancing movement and preventing injury. Focus on warming up, using breath control, and practicing consistently to improve your flexibility.