ONE PAGE SUMMARY

Lifestyle & Hobbies › Yoga › Yoga Basics

# Beginner lessons for Yoga Basics

Unlock Your Inner Peace with Yoga Basics!

## DEFINITION

> Yoga Basics introduces foundational poses and principles for beginners to enhance flexibility and mindfulness. It's a holistic practice that connects body, mind, and spirit.

## KEY CONCEPTS

**Asanas**

These are the physical postures in yoga that improve strength and flexibility.

**Pranayama**

This refers to breathing techniques that help control the life force and promote relaxation.

**Mindfulness**

Being present and aware during practice enhances the benefits of yoga and reduces stress.

**Alignment**

Proper alignment in poses is crucial for safety and maximizing the effectiveness of each asana.

**Savasana**

Also known as the corpse pose, it is essential for relaxation and integration of the practice.

### EXAMPLES

→ Practice Downward Dog for full-body stretch.

→ Use Child's Pose to rest and reconnect with your breath.

→ Incorporate Cat-Cow for spinal flexibility.

### MEMORY TIPS

★ Remember 'A-P-M-A-S' for Asanas, Pranayama, Mindfulness, Alignment, Savasana.

★ Visualize a tree for stability in balancing poses.

★ Associate breathing techniques with calming colors like blue for relaxation.

### COMMON MISTAKES

✗ Rushing through poses without focusing on breath.

✗ Neglecting proper alignment, leading to strain or injury.

✗ Forgetting to engage the core during poses.

## QUICK RECAP

Yoga Basics focuses on foundational poses, breathing techniques, and mindfulness. Practicing regularly enhances flexibility, strength, and mental clarity, while avoiding common mistakes ensures a safe experience.