

# Beginner's Guide to Yoga

Welcome to your free guide!  
When you have never practised  
yoga before, it can feel difficult -  
not to mention intimidating - to  
know exactly where and how  
you can get started.



Firstly, let me introduce myself. I am Katerina, founder of Pink Flamingo Yoga. I am a PE teacher, a personal trainer and a yoga teacher for adults and children. I have trained in power, vinyasa, mandala and yin yoga. My aim is to help people reach the healthy, contented and prosperous condition we all aspire to. You can find out more about me, my experience and my extensive training [here](#).



As someone who was intimidated by yoga initially, I decided to create this guide to show you that you don't have to be flexible and you don't have to master complicated poses to be a yogi. So let's dive in!

## So what is yoga?

Yoga is an ancient practice that dates back thousands of years. Yoga's origins are traced in India over 5.000 years ago where it was introduced by gurus. Yoga encompasses eight limbs (or steps) that basically serve as guidelines on how to live a meaningful and purposeful life. The word 'yoga' means 'union'. Yoga has many benefits to our mental and physical health. It's no secret that yoga makes us feel good and contributes to our wellbeing. You can read more about yoga and wellbeing [here](#).

## Benefits of yoga

Adopting a regular yoga practice can have many benefits. I will list a few below but this is just an indicative list.

1. Yoga can lessen chronic pain.
2. It can increase flexibility.
3. It offers you protection from injuries.
4. You can maintain a balanced metabolism when practising yoga often.
5. Your outlook on life becomes more positive.
6. Yoga can reduce insomnia.
7. It helps you manage stress.
8. Yoga sharpens your concentration.
9. It improves your respiration.
10. Yoga creates mental clarity and calmness.

## Is yoga right for you?

When starting a yoga practice, the most important thing to remember is that doing it consistently will help you reap its benefits. Start small and manageable. Your goal should be to find a practice that is safe for your body, that you enjoy and effective in the ways you want it to be. Don't let all of the choices overwhelm you, as the right class is about the level, not the type. Start by taking a beginner class in whatever yoga style you're interested in. The best way to know if yoga is for you is to give it a try!

## How to practice yoga

Yoga is generally practiced with bare feet on a mat. Socks can be slippery, which is why wearing them is not recommended. You can wear clothes that are comfortable and move freely with your body. A couple of yoga blocks, can help you find more stability and proper alignment but don't worry too much if you don't have them as books make excellent yoga props. In some yoga classes you may use additional props, like straps, blocks, blankets or bolsters. You don't need to buy these right away, especially if you practice at a yoga studio where they normally provide everything you need. So it's time to roll out your yoga mat and try some yoga at home or in a studio.

## Basic yoga poses

- Child's pose (balasana): you can take this grounding pose whenever you need a deeper rest during practice
- Mountain pose (tadasana): it's the starting pose for sun salutations where you stand tall
- Downward-facing dog (adho mukha svanasana): you come on hands and feet sending your hips high
- Warrior I (virabhadrasana I): a standing pose where your front knee is bent and your arms are reaching up
- Corpse pose (savasana): the final resting pose, where you lay on your back relaxed and still

## Meditation and breathing

Meditation has always been an integral part of yoga although it does not contain any physical postures. As you become aware of the present moment, you think deeply and focus your mind. You are simply living life in the now and you accept what is. Focusing on your breath and controlling it enhances the deep meditative state you enter while you relax. There are many different breathing techniques (pranayama), with the most common being ujjayi, which is both energising and relaxing. If you ever struggle to breathe in a pose, that's your body telling you you've gone too far.

# Thank you!

Thank you so much for reading my guide. I've loved diving in with you. Remember:  
**If you breathe, you do yoga.**  
I would love to invite you to further explore yoga with me.



Visit [www.pinkflamingoyoga.com](http://www.pinkflamingoyoga.com)  
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