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your elbows in tightly towards your body as you bend them and slowly lower yourself towards the ground. Hold here for 15 seconds. You should be engaging your legs and hovering on the tips of your toes, and making sure to keep a neutral spine and don't let your butt come up into your head. If you lack upper body strength, as I did when first starting out, don't torture yourself. Drop your knees to the floor for a half Chaturanga, or opt for Knees-Chest-Chin by dropping the knees, then chest, then chin to the floor using the core (still challenging!). Or, in the video tutorial below, Lizette shows you how to properly use yoga blocks to assist you with your Chaturanga. It is important to build a strong foundation. That is why I still recommend this pose even in a beginner yoga routine. I did this when first starting out and it was extremely frustrating to me the amount of upper body strength I lacked, but consistently practicing it lead to me being able to do it a few weeks later, and that boosted my confidence substantially. Setting goals for your practice and achieving them is the best feeling in the world, and will make you want to keep going and keep improving. But with that being said, listen to your body and if you are not at a full Chaturanga yet, that is okay! Maybe try to hold it for a short amount of time on your last set before you drop to your knees and build from there. Tip: Feel free to do a modification for this pose such as knees-chest-chin. 11. Cobra (Bhujangasana) From Chaturanga, slowly lower yourself all the way down to the floor. Keep your hands where they are, tucked in towards your body. Completely ground your legs and the tops of your feet on the ground. Plant your forehead on the ground then on your next exhale lift your chest and abdomen off the ground. Stay here and for 5 breaths, then send your hips up and back into Downward Facing Dog. Tip: If you have a tight low back, spread your legs a little bit wider than your hips to relieve tension. \*\*From Downward Facing Dog, go back to step 3 (Standing Forward Fold) and repeat the sequence on the other side 12. Pigeon (Kapotasana) From your Downward Facing Dog, extend your right leg up into the air, then bring it underneath you so your right ankle is now behind your right wrist. The outside of your right shin should now be on the floor. Allow you left leg to come to the ground, and point your back toes to let the top of your foot touch the ground. Sink into the pose and adjust your hips, making sure you are not leaning on one more than the other. The more you bend your front knee in this pose, the less tension you will feel, so if you feel it is too intense for you, try bending your front leg in a little more until you find the right amount of comfort for you. If you find yourself leaning too much onto your right hips, try placing your block underneath it to provide balance. Lift through your chest as you lift your arms up into the air. You can choose to stay here for 15 seconds or you can fold over your right thigh. Breathe through the tension here for 5 breaths. Tip: There are many variations of pigeon pose if you find it too difficult. For this variations, you can try placing a block under the side of your bent leg to release the tension in the stretch. \*From here, come back into Downward Facing Dog to repeat on the other side! 13. Seated Forward Fold (Paschimottasana) If you decided to fold in your pigeon, come back up to an upright position. Gently swing your left leg around to the front of your body and straighten both legs out in front of you. Shake them out here for a brief moment if you would like. Then, making sure legs are together, flex both feet, and lengthen through your spine. Lift both arms up into the air, and using your core, slowly fold over both legs. You can use a block here to grab onto to sink deeper into the stretch, or if you cannot yet reach your toes, grab onto your shins or ankles, or use a strap if you have one. Don't let your chest collapse. Keep your back straight and fold in deeper with each exhale. Stay here for 5 slow breaths seconds. Tip: Keep your feet flexed and pulling back towards your body throughout the pose to get a deeper stretch and improve flexibility. Remember, try to hold each pose for 15 seconds, and breathe for those 15 seconds. It is common when first starting to get lost in your mind due to the discomfort. Allow your breath to bring you back to center. Repeat this sequence four times, and switch sides each time. So if your left foot was in front for all the poses that allowed it, make sure your right is in front the next time, then switch. This provides balance for your body and prevents one side from being more worked on than the other. Remember to allow yourself to rest one minute between sets, and one minute after, preferably in Savasana, known as Corpse Pose. This is the ultimate resting pose, and is actually much harder than it looks when first starting out! After practicing this routine for the next couple of weeks you are eventually going to want to switch it up. We highly recommend practicing yoga partner poses for a challenging and fun experience. Resting Pose: Corpse Pose (Savasana) Want to save this routine for later? Pin the complete beginner yoga routine below! Frequently Asked Questions Below are questions we commonly get from beginners wanting to get into yoga who start with this routine. If you are just getting started, you may possibly have asked one or more of these questions yourself (I know I did) so we figured we'd put the answers here for everyone. How many days a week should you practice yoga? A good starting point is committing to three days a week at the same time. They do NOT need to be hour long sessions- you can build up as you go! Just starting out with a 20 minute session (like this one) will help you see results if you are consistent. If you are struggling maintaining a schedule check out this post on creating a habit out of your yoga practice. When's the best time to practice this yoga routine? This depends on your schedule, but when starting out it's a good idea to practice around the same time, especially if you are practicing yoga at home, so you begin to identify that time as your practice to help you build it into a habit. A lot of people enjoy working out right when they wake up in the morning as they prefer to practice yoga on an empty stomach, while others enjoy practicing in the evening to help them unwind. This all depends on you and your goals- typically if your goal is weight loss, working out on an empty stomach in the morning is best for burning fat, but if this is NOT your goal, I think whatever time makes you enjoy the practice most and come back to it again and again is the best choice. Should you warm up before practicing yoga? Yes! Never go into any type of physical activity without warming up. Although this routine has a few poses that can be modified to create a warm up, you want to make sure you do a few gentle poses that wake up you entire body to avoid injury and get you in the correct mindset. We have an article here about why warming up before yoga is so important which comes with a free printable warm up for you to do before or after all your workouts. Do you need rest days from yoga? If you feel sore after practicing yoga, or any type of workout for that matter, I think it's smart to have a rest day, but that doesn't mean sitting on the couch all day- this can actually make you MORE sore from the lack of movement. In a nutshell, you're sore from build up of lactic acid. In order to break up the lactic acid, you want to make sure you move and stretch, but don't want to over-stress your body. Try going for a walk or doing a relaxing yoga flow instead. Related Beginner Yoga Articles: I hope you found this post informative and helpful, and this becomes one of your new favorite routines to practice! If you struggle the first time, just stick with it and stay consistent- I know you can do it. Pushing through the beginning is the hardest part. Remember to download the printable from our FREE resource library where you get access to a ton of other free health and yoga printables! If you have any other questions please feel free to comment below! Ally is a Registered Nurse, Registered Yoga Teacher, and Co-Founder of Yoga Rove with her husband Victor. She first started yoga over 7 years ago when she started her nursing career to combat the physical and mental strain, and now loves to teach and help others.