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## Beginner's Journey



# Welcome to the *WONDERFUL* world of yoga!

## Beginner's Journey

This series is designed for those brand new to yoga who want to take a journey through the basics of yoga and gradually transition into a place where you can comfortably practice a comprehensive, full-length class.

This series includes 14 classes that have been masterfully curated into a series that will allow you to see yourself progress as you learn the practice of yoga.

## Yoga 101

Yoga is for everyone and will benefit anyone who tries – young or old, bendy or stiff, super fit or super plump. There is a common misconception that you need to be graceful and flexible, with gymnastic abilities in order to practice yoga. That couldn't be more farther from the truth!

The word yoga comes from the ancient Indian language of Sanskrit and is translated as meaning "union". Its purpose is to unite the mind, body, and spirit. The term "yoga" has been used for several thousand years and has since shifted in meaning many times. Our modern western interpretation of yoga most commonly concerns the physical practice of yoga, but in fact yoga poses, or asanas, are only one of the eight limbs of yoga as it is presented by the Yoga Sutras of Patanjali – a series of aphorisms written circa 250 CE, widely considered to be the foundational text on the teachings of yoga. The other limbs are more concerned with mental and spiritual practices than physical activity.

Yoga has grown exponentially in popularity over the past 20 years due to its myriad of benefits and proven effectiveness. Through this series of beginner classes, you will begin to discover the benefits of yoga for yourself while you gradually work your way toward advanced beginner classes.



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## The Gear

Items you'll need to begin your yoga journey:

**A yoga mat** – there are a wide variety of mats on the market to choose from, and any one of them will do. There's no need to spend more than \$20 for your first mat.

**A yoga block** – you can purchase a yoga block from any yoga supply retailer, or simply find a large sturdy book and use that instead.

**A strap** – a yoga strap can help tremendously when first starting yoga, especially if you are particularly stiff. You can also find this anywhere yoga gear is sold, or simply have a belt handy which will do the trick.

**Comfortable clothing** – yoga pants and tops work great for a yoga practice, so do any fitness style or otherwise comfortable clothes that won't inhibit your movement.

## The Classes

Now it's time to get started! Below is a list of the classes included in this series. Please do the classes in the order listed. We encourage you to move at a pace that is comfortable for you. Move on to the next class only once you feel you're ready, and don't be afraid to repeat a class or go back to a previous one if you need to – listen to your own body!

These classes represent several popular yoga styles and teachers so you will get a nice mixture as you move through your journey. This will allow you to begin to develop a taste for what works for you and what doesn't.

We suggest you do a class approximately every two days to start, and then more frequently as you build strength and move through the series. Feel free to do one of the shorter 30 min classes on off days or when you're limited on time and unable to do a longer class. Many people find great benefit in a daily yoga practice, but you will also benefit immensely from practicing yoga 3-4 times per week.



# Class 1 Yoga for Beginners

w/ Jackie Casal Mahrou | 60 min

The perfect first class.

This is an absolute beginner yoga class and is perfect for those who are brand new to yoga. The class begins with some calming breathwork designed to quiet the mind and prepare you for your practice. Then you'll move through a few warm up poses and into Sun Salutation A. Then you'll do a balancing sequence along with some other basic yoga poses, and then a Sun Salutation B series.



The class is very basic, slow-paced and easy to follow. Just be careful because once you master this class you will be *hooked* and ready to move on to your other YogaDownload classes! Enjoy!

# Class 2 Intro to Yoga

w/ Jamie Kent | 30, 45 & 60 min versions

Breaking down common poses.



This Intro to Yoga class moves slowly and carefully through some common yoga poses and gives thorough information about proper alignment for each pose. A detailed pose guide with large clear pictures is used throughout the class to further help with understanding of proper alignment, or select the slide-show class to view the pose pictures on your screen as you move through the class.

This class is unique in that it has three different versions: 30, 45, and 60 minutes. We suggest you start with the 30 minute version and work your way up to the full practice as you feel ready.

\*Come back to this class any time you don't have time for a longer class that is suggested as you move along the series.



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