

SAFE AND EFFECTIVE YOGA

GUIDE FOR YOGIS



Yoga is a beautiful and helpful practice.
Lots of benefits for body and soul.

But in a yoga practice like in any other physical activity, there is also a risk of injury and it cannot be entirely eliminated.

This guide is designed to help you prepare for yoga practice to get the most out of it and avoid injuries as much as possible. This guide will help you in any yoga class, whether you practice with a teacher or personally.

Before a yoga class:

- Please select the appropriate class for your level of experience.
- Choose a well-lit and spacious place. Enough space to stand up and stretch out your arms to the sides.
- Prepare comfortable clothing so that you can move freely.
- Choose the right mat thickness. If you are a beginner, a thicker mat will probably be better for you. This will help prevent pain. It is also very important that the yoga mat is nonslip.
- If you choose to do a short yoga class, keep in mind that it is important to warm up properly before each lesson. Full classes that are longer usually include warm-up and cool-down but short classes not always.
- Avoid having heavy meals for two to four hours before practice.
- Stay hydrated before your class but don't drink too much water because you can feel sick.
- Avoid alcohol and drugs before any workout, yoga practice, and meditation.



In a yoga class:

- Breathing is the foundation of your yoga practice. It should be smooth, stable, deep, and through the nose. Ujjayi breathing is regularly used in yoga practice.

How to do Ujjayi breathing:

- Keep your mouth closed. Breathe through the nose.
 - Constrict your throat to the point that your breathing makes a rushing noise, almost like snoring.
 - Control your breath with your diaphragm.
 - Keep your inhalations and exhalations equal in duration.
- Yoga practice shall be performed slowly, in a relaxed manner, with an awareness of the body and breath.
 - Don't hold the breath while moving from pose to pose (unless it is specially mentioned to do so).
 - At any time during the class, you feel discomfort or strain, gently come out of the posture. Take breaks and/or omit poses or sequences that are not suitable for you.
 - It is essential in yoga that you listen to your body, and respect its limits on any given day.
 - If you feel dizzy, light-headed, faint, or if you experience any other discomfort, stop exercising immediately and consult a medical doctor.



After a yoga class:

- Always finish your yoga practice with Shavasana (Corpse Pose). It is important to allow the body to integrate the practice.
- If a teacher has finished a class, and Shavasana was really short, you can always stay longer as long as you think you need to. But 7-10 minutes is optimal if longer is more likely to fall asleep.
- Let your body recoup. Slowly return to your usual rhythm of life.
- Avoid eating heavy meals immediately after practice.
- You can drink water after your yoga class.
- Depending on your emotional state of the day and the postures practiced in the class, you might experience various emotions after your practice so be friendly with yourself and accept yourself as you are.

Start practicing yoga
<https://vivowow.com/online-yoga/>



Namaste