



LIVYOU.ORG



Image courtesy of digitalart at
FreeDigitalphotos.net

Healthy LIVING: Yoga for Beginners Guide

The Healthy LIVING: Yoga for Beginners Guide is here to teach you the basics about yoga and how incorporating a yoga practice is beneficial to the healthy living lifestyle you want to live through loving, inspiring, and valuing you.

LIVYOU.org

HEALTHY LIVING: YOGA FOR BEGINNERS GUIDE

OVERVIEW

LIVING a healthy lifestyle is one of the most exciting and rewarding gifts you can bring into your life. The Healthy LIVING: Yoga for Beginners Guide can get you started on that path. Incorporating a yoga practice can have amazing benefits of healing and realigning your body to its optimal health. Throughout your Healthy LIVING: Yoga for Beginners Guide, you will be provided with the definition & history of yoga, yoga's benefits for mind, body, and spirit, and finally free resources that will help you incorporate a yoga practice into your life.

WHAT IS YOGA

Definition

The word yoga means yoke, union or bring together. Yoga is a practice used to attain a goal. The practice of yoga is the art and science dedicated to creating union between body, mind, and spirit.

The objective of yoga is to assist the practitioner in using the breath and body to create awareness of themselves as an individualized being, intimately connected to the world around them. In short, it is about making balance so life is lived in peace, good health, and harmony with the greater whole.

History

This art of living truthfully has been practiced in India for thousands of years. The foundations of yoga philosophy were recorded in The Yoga Sutra of Patanjali, approximately 500BC. The core of Patanjali's Yoga Sutra's is an eight-limbed path that forms the structural framework for yoga practice. Each is part of a holistic focus that will inevitably bring completeness to the individual as they find their connectivity to the greater whole.

The eight limbs of yoga are:

1. Yama : Spiritual Guidelines
2. Niyama : Personal discipline
3. Asanas : Body postures
4. Pranayama : Control of prana, vital energy, or breath
5. Pratyahara : Control of the senses
6. Dharana : Concentration and cultivating inner perceptual awareness
7. Dhyana : Meditation
8. Samadhi : Attainment of a goal

Yogis view that the mind and the body are one and if given the right tools and environment, it will naturally heal itself. Yoga therefore is a powerful catalyst for self-change and healing. It helps one become aware of your body's posture, alignment, and patterns of movement. It makes the body flexible and helps you relax in the stressful situations.

WHAT ARE THE BENEFITS OF YOGA

Body Benefits

- Increased strength and resiliency
- Increased energy level
- Normalization of weight
- Improved sleep
- Improved immunity
- Decreased pain
- Improvement in balance

Mind Benefits

- Self-acceptance
- Increased self-actualization
- Improved concentration
- Improved memory
- Improved mood
- Increased social skills
- Increased well-being
- Limitless possibilities for growth in self-awareness

Spiritual Benefits

- Encourages self-knowledge
- Stimulates the energy centers of the body
- Increases ability to manifest positive experiences in daily life
- Creates a sense of being more in-tune with one's inner consciousness
- Leads to a greater sense of connectedness to others and the world
- Develops a sense of connection to something greater than ourselves - Nature, the universe, one's God or Gods, or some other expression of the divine
- Fosters a greater sense of appreciation of each experience for what it is
- Fosters a deeper sense of gratitude in general
- Leads to a sense of fulfillment

GET STARTED

Body postures (asanas), breath work (pranayama), and meditation (dhyana) are all forms of yoga you can physically practice. Body postures is the most common form of yoga that people begin with to introduce themselves to a yoga practice. Since asanas is the most common yoga practice, we will get you started with some basics. You can look at our [Healthy LIVING: Breath Work \(Pranyama\) for Beginners Guide](#) and [Healthy LIVING: Meditation \(Dhyana\) for Beginners Guide](#) for more on breath work and mediation coming soon.

What You Need

Recommendations for your yoga asana practice includes being in a safe, comfortable, and quiet space where you will not be disturbed for the desired amount of time you have committed to practice. We suggest that you wear clothing that will be comfortable throughout your practice. An asana practice may utilize props such as yoga blocks, blankets, bolsters, mat, or chair.

Styles of Yoga

Below is an overview of 9 styles of yoga taken from the Mind Body Green article, “14 Styles of Yoga Explained Simply” by Becky Ward.

Ashtanga: Six established and strenuous pose sequences — the primary series, second series, third series, and so on — practiced sequentially as progress is made. Ashtangis move rapidly, flowing from one pose to the next with each inhale and exhale. Each series of poses linked by the breath this way is called a vinyasa.

Bikram: Bikram features yoga poses in a sauna-like room. The heat is cranked up to nearly 105 degrees and 40 percent humidity in official Bikram classes. If it’s called “Bikram” (for inventor Bikram Choudhury), it will be a series of 26 basic yoga postures, each performed twice.

Hatha: By definition, hatha is a physical yoga practice, which is pretty much all yoga you’ll find in this hemisphere. One of the six original branches of yoga, “hatha” encompasses nearly all types of modern yoga. In other words, hatha is the ice cream if styles like ashtanga and Bikram are vanilla and chocolate chip. Today, classes described as “hatha” on studio schedules are typically a basic and classical approach to yogic breathing exercises and postures.

Iyengar: This is a purist yoga named after founder B.K.S. Iyengar. Props like blocks, straps, harnesses, and incline boards are used to get you more perfectly into positions and have earned the style its nickname, “furniture yoga.” Appropriate for all ages and abilities, Iyengar yoga is all about precise alignment and deliberate sequencing. Don’t take that to mean easy.

Kundalini: The practice of kundalini yoga features constantly moving, invigorating poses. The fluidity of the practice is intended to release the kundalini (serpent) energy in your body. Weren’t aware you had any? Well, just think of it as an energy supply, coiled like a sleeping snake at the base of the spine, waiting to be tapped; the practice aims to do just that — awaken and pulse the stuff upward through the body.

Prenatal: Yoga postures carefully adapted for expectant mothers. Prenatal yoga is tailored to help women in all stages of pregnancy, even those getting back in shape post-birth. When you keep your muscles strong through your term, they will still have the strength and energy to return to normal.

Restorative: Less work, more relaxation. You'll spend as many as 20 minutes each in just four or five simple poses (often they're modifications of standard asanas) using strategically placed props like blankets, bolsters, and soothing lavender eye pillows to help you sink into deep relaxation. There's also psychic cleansing: the mind goes to mush and you feel brand new. It's something like group nap time for grownups. It's better not to fall asleep, though.

Vinyasa / Power: An active and athletic style of yoga adapted from the traditional ashtanga system in the late 1980s to appeal to aerobic-crazed Westerners. After having studied with Pattabhi Jois, Beryl Bender Birch and Bryan Kest simultaneously pioneered this westernized ashtanga on the East and West coasts, respectively. Power yoga doesn't stick to the same sequence of poses each time like ashtanga does, so the style varies depending on the teacher. Classes called "vinyasa" or "flow" in your gym or studio can be vastly different but in general stem from this movement and from ashtanga as well.

Yin: A quiet, meditative yoga practice, also called taoist yoga. Yin focuses on lengthening connective tissues and is meant to complement yang yoga—your muscle-forming Anusara, ashtanga, Iyengar, or what have you. Yin poses are passive, meaning you're supposed to relax muscles and let gravity do the work. And they're long — you'll practice patience here too.

WHAT NEXT

Let us know what style of yoga you think would be most beneficial for your lifestyle! We will happily send you free resources to get you started on your yoga journey. And continue weekly if you like. Contact us at info@livyou.org.

OTHER GUIDES

Email us at info@livyou.org, to get other guides you may like:

Healthy LIVING: 5 Day Green Juice Detox Restart Guide

Healthy LIVING: Meditation for Beginner's Guide

ABOUT LIV YOU NONPROFIT

Purpose

LIV You is a newly formed nonprofit. Founded on the belief that healthy living can be achieved through alternative healthcare such as mind and body practices, food, natural products, and other complimentary healthy approaches, **our mission is to create an environment of healthy living universally**. With a goal to encourage everyone to LIV - love, inspire, and value one's self and others. And a vision to have people practice yoga for wellbeing.

The Need

According to the American Medical Association, a recent government study estimates that over 89 million American adults have limited health literacy skills - the ability to obtain, process and understand basic health information and services needed to make appropriate health decisions and follow instructions for treatment. These studies also show that people from all ages, races, income, and education levels are affected by this problem. Individuals with limited health literacy incur medical expenses that are up to four times greater than patients with adequate literacy skills.

Our Work

LIV You provides healthy living education to support your internal, external, and extended body environments. We focus on providing you with yoga, food, and conscious living content, classes, and courses that naturally cultivates wellness when incorporated into your daily routine. LIV You connects you with resources that encourage the importance of creating a healthy environment as it relates to the 8 limbs of your well-being:

1. Mind, Body & Spirit
2. Adventure
3. Home Space
4. Family/Friends
5. Romantic space
6. Work space
7. Self-Expression
8. Giving

Distribution Partners

We provide Healthy LIVING Literacy on our:

- Website (www.livyou.org)
- Facebook (www.facebook.com/loveinspirevalue)
- YouTube (www.youtube.com/user/livbyciarawimby)
- Email (info@livyou.org)

Support

Our mission is to create an environment of healthy living universally. If you like what we are doing and you believe that you or another can benefit from our work, we ask that you support us so we can continue to be of service. Because when you give of your time, talent, and treasure, you are giving from a place of love.