



Our 8 Top Tips for Beginner Yogis

Namaste my new friend, we are honored that you have chosen to begin your yoga journey with us.

Stepping on your mat the first time can be intimidating. Find comfort in knowing, we ALL started this way. I have been teaching for more than 20 years and before each class I still get butterflies. Follow the tips below and I assure you, you will never regret the effort it took you to get on your mat.



live your truth, colleen

1. We believe Every **BODY** is can do yoga. It doesn't matter how tall you are, how old you are, how much you weigh or how flexible you are. If you can breathe, you can practice yoga.
2. The beginning will be challenging, but beginnings usually are. As you begin to absorb this new practice, it gets easier and will start to come together in an effortless series of breakthroughs and openings. Be patient, all is coming.
3. Every day is different. Some days the energy flows freely, other days it can feel stagnant. Don't judge. Just show up. That's why it's called a yoga "practice."
4. Your practice is always your own. Turn it up, turn it down, modify, dilute, and discover what you need from your practice each and every day so that the practice services you. Ask yourself when stepping on your mat, "What do I need today?" Let the answer be your guide.
5. Yoga is accumulative. The more you practice, the more it benefits you; mind, body and spirit.
6. There are only two "rules" of yoga, the pose shall be comfortable and stable. Let your breath be your guide. Keep your breath even, steady and comfortable.
7. When frustrated, work at 80%. Some days, poop happens. We are frustrated, upset or purely unmotivated. Come to your practice with the intention of working at 80%, soften your mind, open your heart and let it all shine through.
8. Feel it to heal it. You might feel sore muscles after your first practices or feel emotions you have never felt. This journey is designed to open you up to shed what no longer services you to make room for that which nourishes you.

sign up for our beginners series.

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