



YOGA FOR BEGINNERS

Yoga 101:

**ULTIMATE GUIDE
FOR YOUR FIRST STEPS
ON THE PATH**

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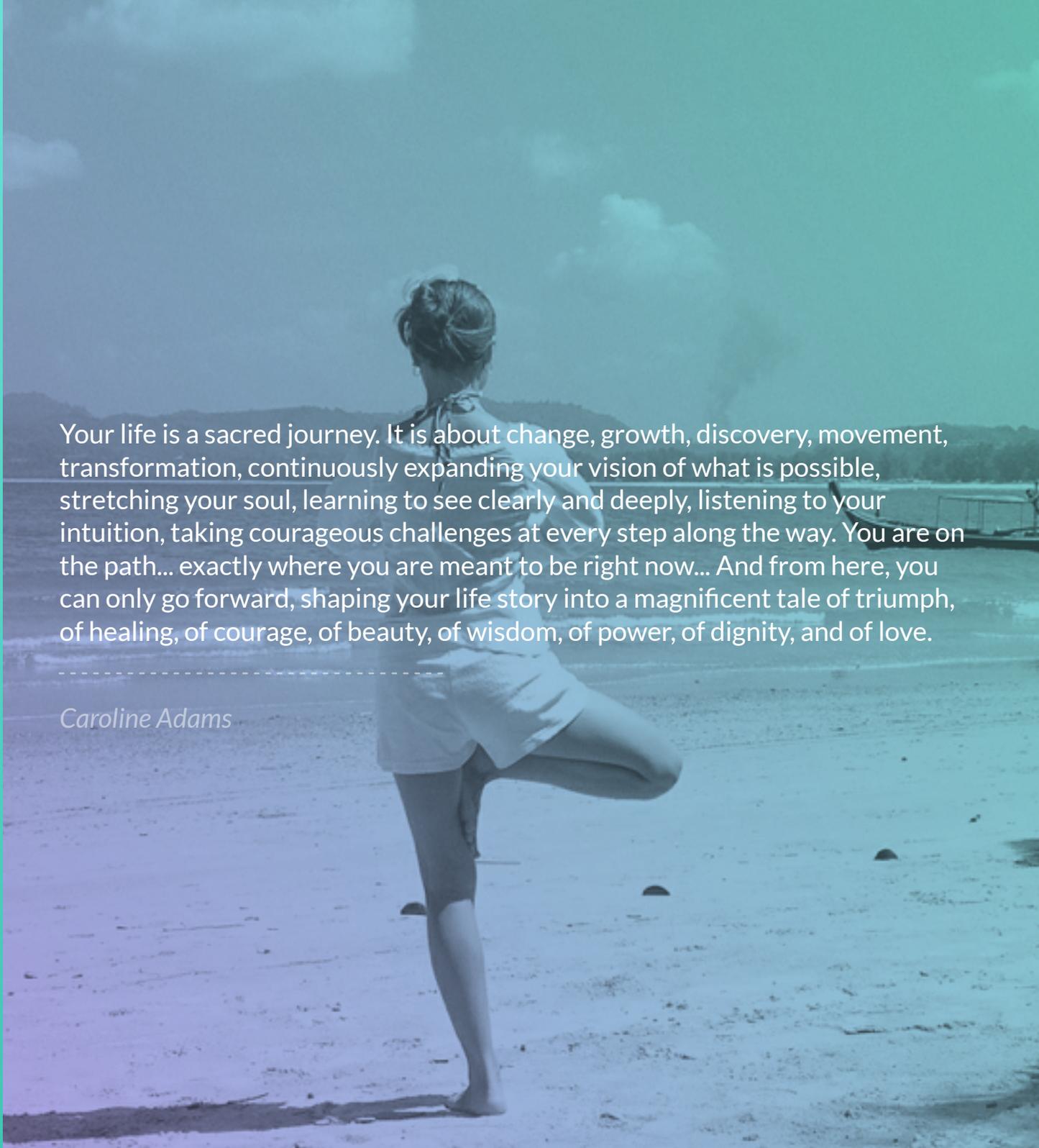
The journey of a thousand
miles begins with one step

Lao Tzu



PART 1

Why Yoga?



Your life is a sacred journey. It is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path... exactly where you are meant to be right now... And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing, of courage, of beauty, of wisdom, of power, of dignity, and of love.

Caroline Adams



welcome to the amazing journey of Self-Discovery that is Yoga!

Yoga literally means “union” or “to yoke” our everyday selves with our highest most divine selves. Yoga is a sacred and powerful tool that teaches us how to live a life of balance, peace, harmony, strength and flexibility on all levels.

The invitation of a Yoga practice is to find the willingness to let go of perfection, ego, and the thinking mind, so that we can try to drop into the spacious awareness within.

There are only successes in yoga. There is no failure. Keep that in mind as you take the next step and join a worldwide community of people who already love and honour you.

JOIN THE TRIBE

Get our Ultimate Guide for Beginners here



what lies behind us and what lies before
us are tiny matters compared to what
lies within us.

Ralph Waldo Emerson

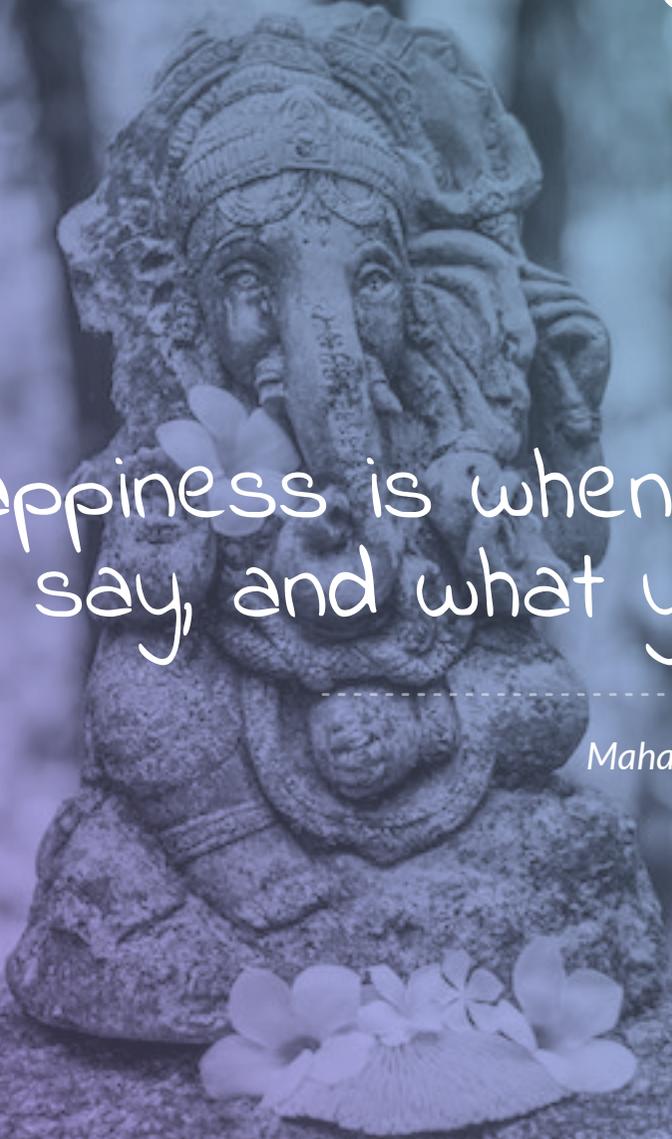


Yoga is more than a physical practice

Yoga is beneficial for all beings, regardless of skill level or current physical shape.

Yoga is a 2500 year-old practical and philosophical lifestyle system; encompassing deep body and conscious awareness, lifestyle choices, personal development, ancient wisdoms and sacred knowledge, compassion, devotion, and so much more. Yoga is **MUCH MORE** than the physical shapes we make with our bodies.

The benefits of a physical yoga practice totally rock. You will feel more energized, and balanced, stronger in your core, your legs, your arms, and your mind. But to truly reap the 1000-fold benefits of yoga you have to be prepared to go deep, to wade through the murky waters of your subconscious and confront the truths that live in your heart and mind.

A stone statue of Lord Ganesha with four arms, seated on a pedestal. The statue is adorned with a crown and jewelry. A small white flower is placed on its trunk, and several more white flowers are scattered at its base. The background is a blurred natural setting with green foliage.

Happiness is when what you think, what
you say, and what you do are in harmony.

Mahatma Gandhi

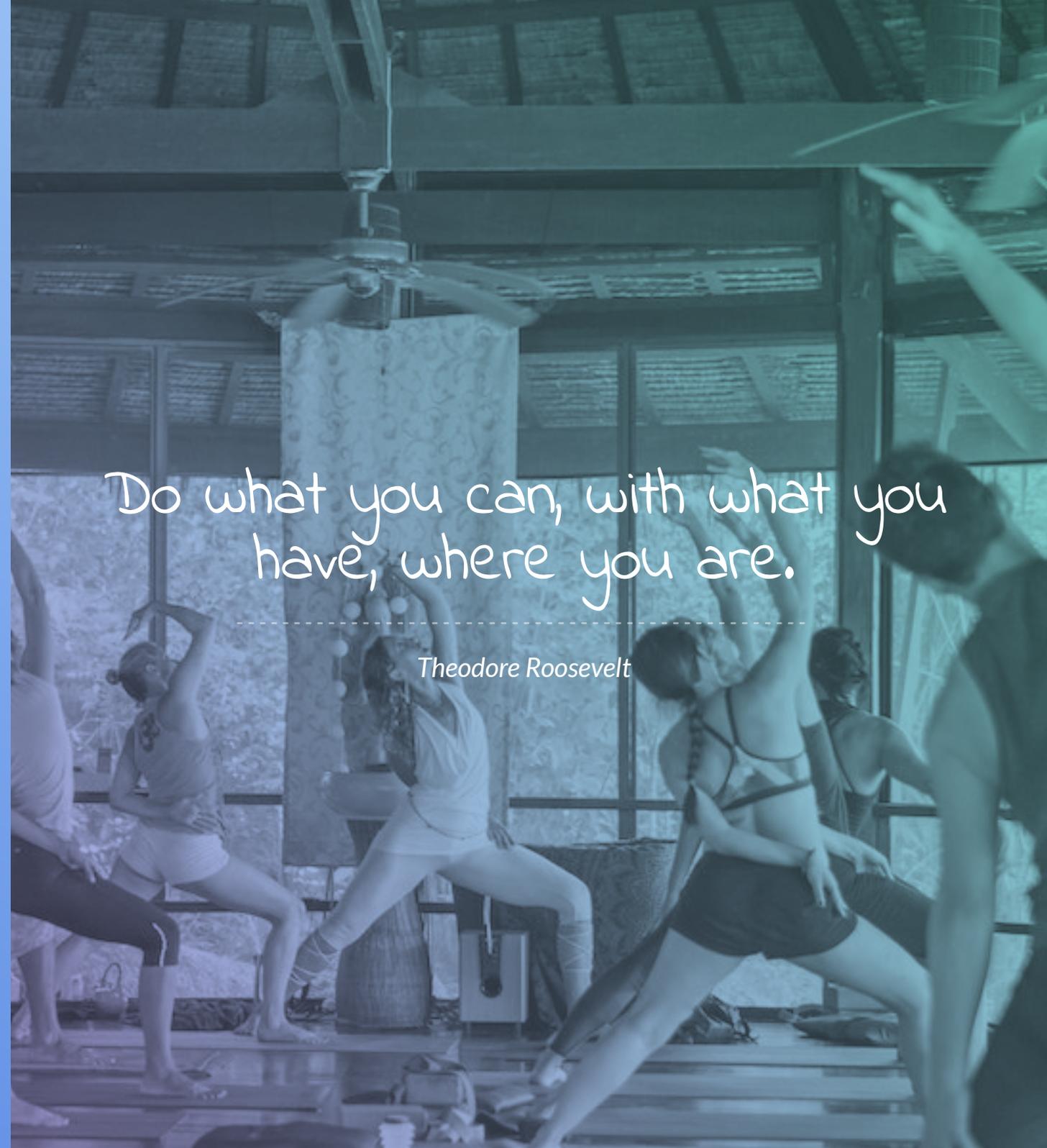
Some Side effects of Yoga May include...

- Balance, strength and flexibility of body, mind and spirit
- Increased energy and stamina
- More gratitude
- Improved Focus
- Increased body awareness
- Strength and tone
- Feeling open, free and connected
- Relating more consciously
- Dealing with challenging situations with more ease and grace
- Emotional Balance
- Improved relationships
- Healthier Lifestyle
- SMILING at strangers



PART 2

Diving Deeper



Do what you can, with what you have, where you are.

Theodore Roosevelt



How to be "good" at Yoga

Being 'good' at yoga has nothing to do with being able to touch your toes, or balance on your pinky finger with one leg touching the sky above your head. Yoga is for everybody. EVERY BODY. All shapes and sizes, and flexibilities and strengths and weaknesses. As in any new venture, we start from where we are at, whether that's tight hamstrings or low self-confidence.

Being 'good' at Yoga means that you have a willingness to evolve and see the truth of who you really are. It means you have become resilient, proactive instead of reactive, calm and centered in the face of triggers, acknowledging negative thoughts as they come into your mind, and allowing them to be there, watching the thoughts and releasing them and letting go of any story. Staying calm even when you stumble. Remaining in the moment as the mosquito lands on your arm. THAT is being GOOD at Yoga.

Just Show Up, be Open to Learning, and free of Expectations.



Enlightenment, joy and peace can
never be given to you by another.
The well is inside you.

Thich Nhat Hanh



Listen to your body and be Compassionate towards the Self

Your yoga practice is YOUR yoga practice, do what feels right to YOU. Drop the ego, find your Edge; work with it. Practice accepting where you are every moment. Respect your body's limits.

There is a fine line between sensation and pain; If ever you feel a short, sharp or pinching sensation, this is your body communicating that you've gone beyond your edge and it's time to back out of the pose. We breathe into sensation, and we back out of pain.

Child's pose can be your new best friend. Hang out there, in that safe and gentle place, anytime you feel you need to rest or re-connect with the breath.

Practical Tips for your next Yoga Class

- Avoid eating for 90 minutes before a yoga class
- Drink plenty of water both before and after your yoga class.
- Bathe before and wear clean clothes for Yoga and meditation
- Wear clothes that are loose fitting



Part of honoring your body is being aware of what you put into it

Avoid eating for 90 minutes before a yoga class. Yoga practice builds an upward moving energy to bring clarity and peace to the mind; but when we eat, our energy flows downward for digestion.

Make sure you drink plenty of water *before and after* your yoga class.

During the class, we build transformational and purifying heat in the body, known as *tapas*. For this reason we avoid drinking during the class. But it is important (and satisfying) to eat and drink water or coconut water after a class.

Make sure you are comfortable and clean when you come to class. It is best to bathe and wear clean clothes for Yoga and meditation. This keeps the body fresh, pure and full of positivity.

Wear clothes that are loose fitting and give you room to move. You may be hanging upside-down during your class, or need to stick your legs up in the air, so make sure you have appropriate clothing on. Whatever feels good for YOU.



I must be a mermaid. I have no fear of depths and a great fear of shallow living.

Anais Nin



Explore & Go deep: Be Curious. Ask Questions.

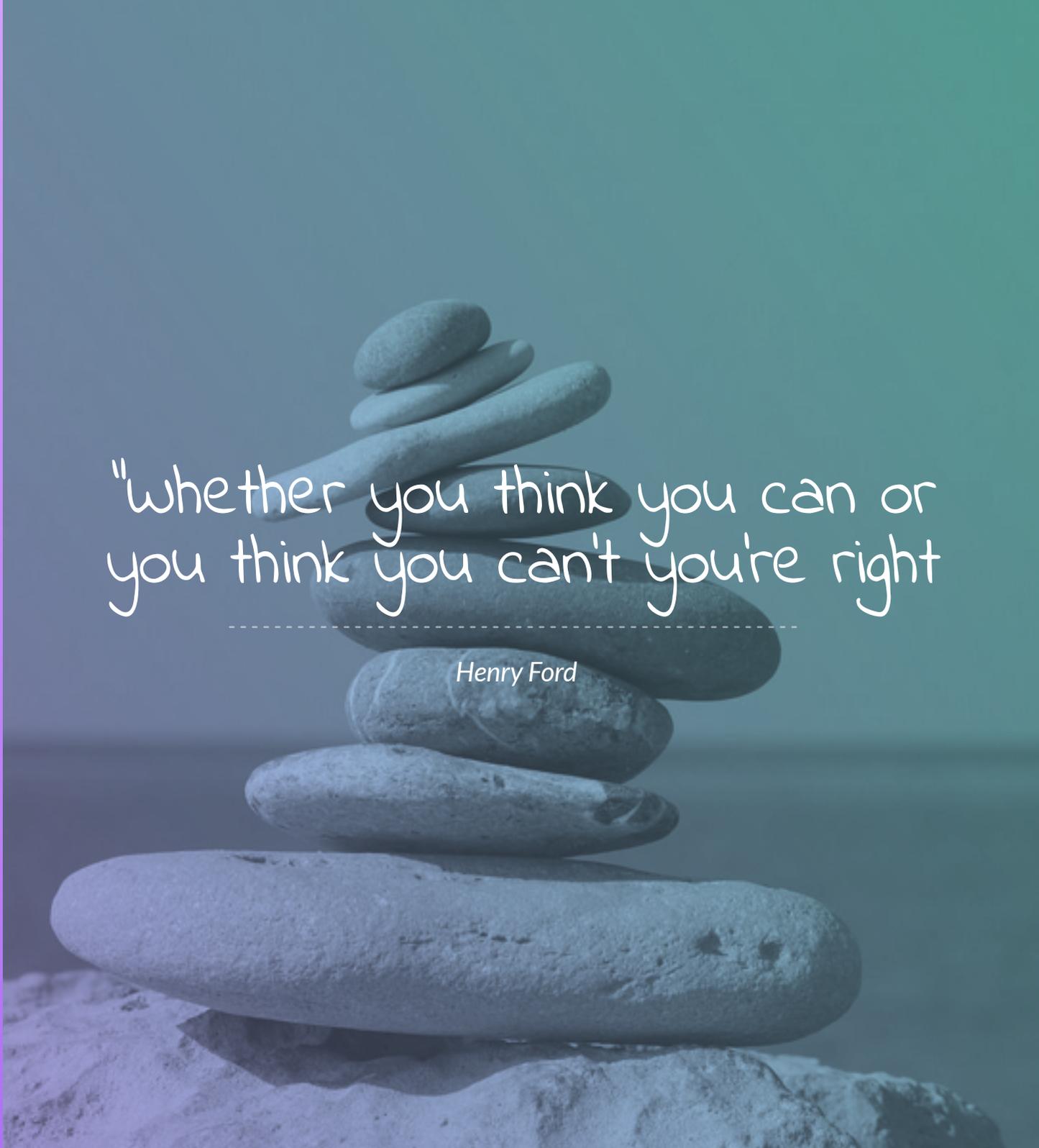
Try different classes — There are gazillion different yoga teachers, styles and classes out there. Find inspiration wherever it's on offer. Find a teacher whose style, personality and philosophy you resonate with, then stick with them for a while and go deep.

Seek knowledge — We are multi-dimensional, multi-intelligence beings. Some of us learn more effectively by doing, some by speaking or hearing, or reading, writing, creating or a combination of them all. We all benefit from getting information in as many ways as possible. There are endless books, documentaries, podcasts, blogs and workshops on Yoga, mindfulness, meditation, presence, love, trust, surrender, openness and intimacy — **Enjoy and expand.**



PART 3

The Yogi's Attitude



"Whether you think you can or
you think you can't you're right

Henry Ford

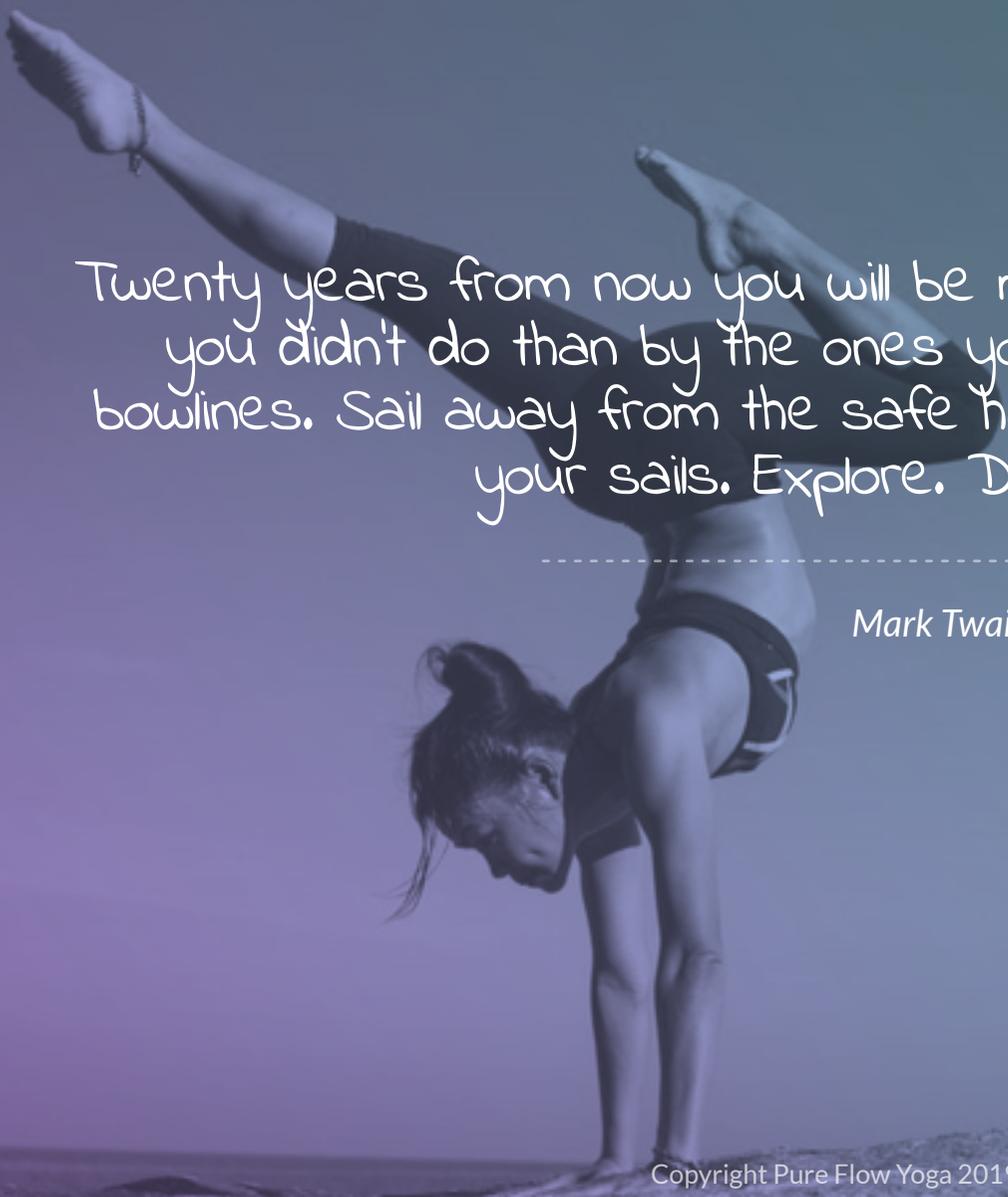


Thoughts simply exist, it is our relationship to them that gives them power

The lessons we need to learn in life, while incredibly profound, are often simple. What matters is our relationship to this present moment; being able to love what IS. Our relationship to the moment determines our experience of it.

If you are looking at a moment through a lens of happiness, tolerance, anger, or pain, then you will inevitably color that moment with happiness, tolerance, anger or pain.

For example two people caught in the rain can have two very different experiences. One stands there, miserable and cold, while the other laughs and splashes about in the puddles, choosing to see the lighter side of the moment.



Twenty years from now you will be more disappointed by the things
you didn't do than by the ones you did do. So throw off the
bowlines. Sail away from the safe harbor. Catch the trade winds in
your sails. Explore. Dream. Discover.

Mark Twain



Stick with it! The Art of Perseverance

Be persistent.

After your first few classes, your body may be aching or otherwise encouraging you to stop. It's challenging to keep going when things get tough. The invitation is to keep remembering how good, centered, balanced, strong, open and peaceful Yoga makes you feel and to keep going, while at the same time recognizing and honoring your edge.

Life is constantly serving up a buffet of distractions and 'to do's'. Our mind often inspires us to be more productive and efficient. **Yoga teaches us how to listen more deeply to the inner voice, which is urging us to slow down, let go of the doing, and just BE.**

Slowing down, and leaning into who you really are, in the face of great mental and physical resistance, is the name of the game on the yoga mat. Patience will help you grow and evolve in an unimaginably satisfying way.



Instead of measuring success in practicing a yoga posture by how far we go, we can ask how present we are in each moment. How aware are we of the movement of our breath, the sensations in our body, and the thoughts that pass through us? Instead of judging the correctness of a yoga posture by how we look, we can inquire what positioning makes us feel most integrated and honors rather than injures our unique physical body. If we are ill or emotionally overwhelmed, how skillfully can we make this challenge grist for the mill? Instead of, "How many hours did I spend meditating today," we can ask, "How did I live my practice in every moment of the day?"

Donna Farhi



Celebrate the wins

Set yourself up for success. Every time you succeed in making it onto the mat, celebrate. You did a shoulder stand for the first time. Celebrate!

By just thinking about doing yoga, or cultivating a more mindful lifestyle, you are winning, and so is everyone around you.

Developing an affinity and a disciplined practice of Yoga & meditation, has the transformational benefits of deepening our connection to the body, mind and spirit, supporting us in living and loving long, vibrant, happy, healthy and fulfilling lives.

Infinite Love & Endless Blessings for you on the Journey
XOXO



Looking for a great way to go deeper
in your Yoga practice?

Pure Flow Yoga Retreats in Paradise offer the perfect way for beginners and
all-levels to dive deep.

Find out more here: www.PureFlow.Yoga

READY TO START YOUR JOURNEY WITH YOGA?

Join us on a Retreat in Paradise