
0 Getting Started

Good for you! It is exciting that you want to start a yoga practice! A yoga practice is an amazing life changing adventure. These resources will help support your practice during each phase.

This is the beginning phase. Let's all agree that no one has to do this perfectly.

Helpful getting started notes:

- We are in this together. Use all the resources here to your advantage and ask for help if you need it.
- The goal right now is to establish a practice habit. To do that we need to find a way to move the body with regularity, not with perfection.
- Don't worry about doing it "right" or if you are doing it "wrong". Actually, do it wrong so we have something to discuss. :)
- A practice experience might not necessarily be comparable to what you are experiencing in class. A practice could feel less intense. This is totally normal and doesn't mean you are doing it wrong.
- Don't waste time comparing your practice to someone else's, especially if that person has been practicing longer than you.
- Just be yourself.

What to expect: Inside this Getting Started section are five other document worksheets. These worksheets will help you set goals and work through obstacles. Work through the documents in order and do each document separately but consider the previous ones when moving on to the next. Don't work hastily, give yourself time to consider thoughtfully. But, don't give yourself too much time. :) ***In the beginning just get going, be imperfect.***

Worksheet Table of Contents

1 Setting Intentions: Discover why you want to have a yoga practice.

2 Obstacles & Solutions: Identify what could stand in your way and how to find solutions. *Learn to be solution oriented.*

3 Finding Time: Setting realistic goals for practice times.

4 Planning Your Practice: Figure out how to plan your practice.

5 Comparison Study: Comparing today's self with the past and future self, to chart your progress.