

Yoga Starter Checklist

Starting yoga is a wonderful step toward better health, mindfulness, and overall well-being. Use this checklist to make sure you have everything you need to begin your journey confidently and comfortably.



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Yoga Starter Checklist: Everything You Need to Begin Your Practice

Starting yoga is a wonderful step toward better health, mindfulness, and overall well-being. Use this checklist to make sure you have everything you need to begin your journey confidently and comfortably.

1. **Comfortable Clothing** - Wear clothes that allow you to move freely without restriction. Look for:
 - A fitted top that won't slide during poses.
 - Comfortable leggings, yoga pants, or shorts.
 - A lightweight jacket or sweater for cool-downs or relaxation poses.
2. **Yoga Mat** - Your mat is your foundation. Look for a non-slip mat to keep you steady during poses. Consider a thicker mat for extra joint support if needed.
3. **Supportive Props** (Optional but helpful): Props help you modify poses and make yoga more accessible.
 - **Yoga Blocks:** To support your hands, back, or legs in poses.
 - **Yoga Straps:** Great for improving flexibility and deepening stretches.
 - **Bolster or Cushion:** Perfect for restorative poses and extra comfort.
4. **Water Bottle** - Stay hydrated before and after your practice, especially during longer sessions.
5. **Quiet, Comfortable Space** - Find a spot where you can focus and relax without distractions. Ideally, it's:
 - Clutter-free.
 - Large enough for your mat and movements.
 - Warm or cozy if for a calming atmosphere.
6. **Beginner-Friendly Routine or Class** - Start with gentle yoga routines or beginner classes to build confidence and avoid injury. Try:
 - Online videos (like YouTube yoga for beginners).
 - Local yoga studios with beginner classes.
 - Our Gentle Morning Yoga Routine for Beginners as a starting point.
7. **Optional Enhancements for a Relaxing Practice** -
 - **Essential Oils or Candles:** Lavender, Eucalyptus, or peppermint for relaxation.
 - **Music or Playlists:** Soothing sounds or meditation tracks. The Huggler App.
 - **Blankets:** For warmth during final relaxation (Savasana).
8. **Mindset for Success**
 - **Patience:** Yoga is a journey, not a race. Take your time to build flexibility and strength.
 - **Consistency:** Even 10 minutes a day can make a difference.
 - **Curiosity:** Stay open to learning and discovering what works for your body.



Print this checklist, gather your essentials, and roll out your mat!
Starting your yoga journey is the first step to feeling stronger, calmer, and more balanced.
Visit yoginilivin.com for more yoga tips and equipment.

Yoga Practice Checklist

**Patricia L. Gerbarg, M.D., Philip R.
Muskin, M.D., Richard P. Brown, M.D.**

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