



General Principles for Your Yoga Practice

- Practice on an empty stomach.
- Come to class a few minutes early to set up your mat and props.
- Bring water to stay hydrated.
- Alert the instructor of any new injuries or illnesses prior to class.
- Practice the poses to your comfort level and never to the point of pain.
- Remember to breathe!

Yoga Principles of Alignment (Mountain Pose)

- Press the four corners of your feet evenly into the floor.
- Engage the legs to tone, never locking out the knees. Legs hug into the midline of the body.
- Keep the pelvis level, not tipping forward or rocking back. Lift the pelvic floor muscles and draw the belly slightly in to hold the pelvis in place.
- Maintain the natural curves of the spine.
- Keep the shoulders broad while drawing the lower tips of the shoulder blades down and towards each other.
- Position the back of the skull with the back of the shoulder blades. Keep the chin parallel or slightly below parallel with the floor.
- Stack the joints vertically against the force of gravity.

Beginner Yoga Principles of Movement

- Synchronize your movements with your breath.
- When bending the knees, track them over the center of the feet.
- Bend the knees to maintain a flat back when hinging at the hips.