



5 Elements

OF A YOGA CLASS
FOR NEWBIES

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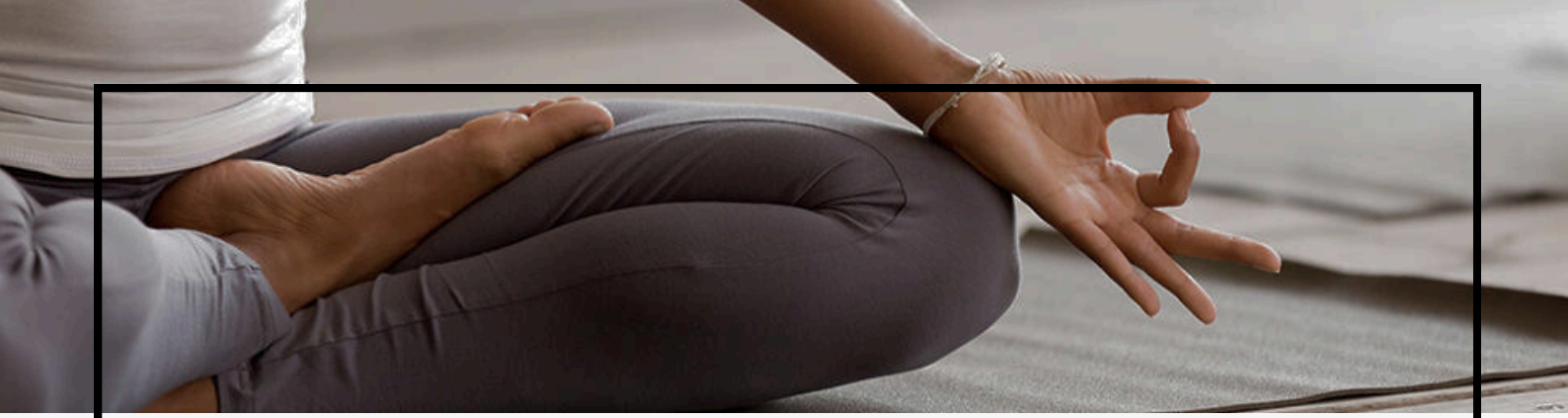


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01

Introduction

Get ready to discover the common terms and lingo you might hear in a yoga class. By the end of this workbook, you'll have a clearer understanding of what you might encounter at your first class.

02

Pranayama

When broken down, *Prana* means “breath”, and *Yama* means “control”, so the practice of *pranayama* you might find yourself doing at the beginning of class is simply teaching you different methods of controlling the breath. Some common breathwork might be box breathing (taking each inhale and exhale for a count of 4 or 6 to even out the breath), or simple breath awareness by focusing on the sensations of the inhales and exhales.

More advanced breathwork like *Ujjayi*, or Ocean Breath (breathing while constricting the back of the throat) or *Kapalabhati* breath, also know as Breath of Fire (taking one slow inhale and several short, forceful exhalations) might also be used. These breathing exercises are meant to help release tension, get centered, and bring you into a state of mindfulness.

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03

Sun Salutation

There are two versions of *Surya namaskar*, or Sun Salutations, which are a series of postures done as a warm-up before moving into more advanced sequences and poses. These beginning poses take you through a series of stretches, forward folds, and backbends that are designed to build heat and they follow a rhythmic cadence that aligns with your breath.





04

Vinyasa

A sequence of poses where you coordinate movement with your breath. (Starting to see a pattern here?) Most common versions of vinyasa are a flow that moves from high plank pose, and either lowering to the belly or hovering over the mat in *Chaturanga* (Four-limbed staff pose), then coming into Cobra or Upward facing Dog, and then into Downward Dog. This is where you will see students veering off into the many different variations because the more you flow through Vinyasas, the more you will learn which version you like the most.



05

Asana

This word simply means “seat” and refers to the physical poses and postures practiced during yoga. There are 84 traditional yoga asana.



06

Savasana

Also known as “corpse pose”, *Savasana* is the final resting pose at the end of practice. Typically taken lying down with the legs extended and the arms along the sides, palms facing up, this pose allows you to absorb and integrate all the benefits of your practice in a peaceful, relaxed way.

The teacher may turn down the lights and play soothing music. Sometimes you rest in this pose in silence, and other times the teacher may lead a guided meditation for total relaxation. While lying down can seem like a simple thing, this can be the most challenging part of a practice for some people.



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