

yogapages 



Welcome Guide
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Welcome!



Welcome to Yoga Pages! We are so happy to have you here. My husband Victor and I can ensure you these were crafted with love and with the intention to help serve you and guide you towards your goals.

If you are feeling overwhelmed and in need of a plan, you are in the right place. Yoga Pages is not about just practicing poses; it is to help you experience full-body wellness through the practice of incorporating yoga into your life.

Our philosophy around yoga focuses on three things: **movement**, **breath**, and **intention**. And we are so happy to create these for you because they fully incorporate these three concepts, so that you can obtain the full benefit from your practice.

We are so excited for you to get started! We've included some resources and cheat sheets for you to refer back to whenever you need them in order to help you personalize and make this **your** practice.



With Love,
Ally & Victor Foote
Co-founders Yoga Rove

HOW TO USE yogapages

We created Yoga Pages with a specific goal in mind: to help you incorporate yoga into your life so that it not only translates to your physical health but mental, emotional, and spiritual health as well. Below is a quick guide on what to expect with your monthly Yoga Pages.

1 | Learn about the monthly theme

Each month is based around a theme that ties in your physical practices, meditation, breath practice, and journal prompts. We include a video every month explaining the theme and also include cheat sheets based around the theme that include tips and information to help you deepen your practice.

2 | Download/ print out your calendar

With each month, you will get a made-for-you calendar that incorporates yoga practices, meditation, and breath practice in a way that you can easily incorporate into your routine. We also include a blank calendar if you want to customize your schedule even more!

3 | Practice, practice, practice

Now that you have all you need; a clear plan and resources to help you troubleshoot any challenges, it's time to practice! Follow along with the calendar and utilize your Yoga Map so you can check things off along the way.

4 | Utilize your resources

You have full access to our Yoga Pose Video Tutorial Library with 50+ pose breakdowns and modifications/ variations of each pose, plus access to each breath tutorial in video format to help guide you, and access to each meditation in audio format.

• BENEFITS OF YOGA •

It is always easier to do something when you know it's proven to help you. Below are a few of the most well-known ways yoga can help you on and off your mat.

IMPROVE FLEXIBILITY



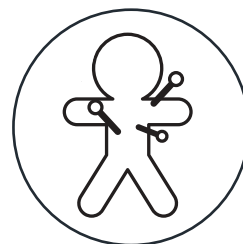
With the proper movements and technique, yoga helps lengthen your muscles and loosen your fascia, which can lead to an improved range of motion and flexibility. ^[1]

DECREASE STRESS & ANXIETY



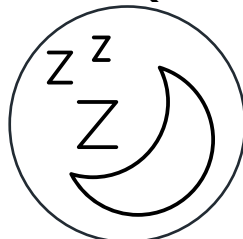
Regularly practicing yoga may help lower cortisol levels (aka the stress hormone) and help you build coping tools to better manage stress and anxiety. ^[2]

REDUCE CHRONIC PAIN



Studies have shown that a consistent yoga practice may help decrease pain and improve physical functions from common conditions such as osteoarthritis. ^[3]

IMPROVE SLEEP QUALITY



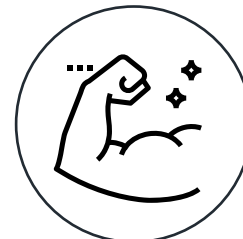
Yoga has been shown to increase melatonin secretion, the hormone that regulates sleep cycles. It also has been shown to help manage stress, anxiety, and depression, all contributors to sleep issues. ^[4]

IMPROVE BALANCE



Yoga has been shown to help improve concentration and focus, as well as help improve overall movement and coordination, all factors that aid in balance. ^[5]

BUILD STRENGTH



Practicing certain yoga postures and routines consistently can help improve core strength and other muscle groups and has been shown to increase lean muscle mass. ^[6]

SETTING UP YOUR YOGA SPACE

Having your own yoga space is very helpful when beginning your practice at home. It helps you stay consistent, limits distractions, and can help you get and stay in the right mindset before you begin your practice. Below we explain how to set up your yoga space for success and the basic items you will need to start your practice.

There are really only 3 items you need when starting your practice:

YOGA MAT



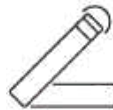
A yoga mat is important in your practice to provide you with a separate place to bring your practice to. It also gives you spatial awareness in poses and can help act as a guideline for alignment. You do not need an expensive mat when starting out; choose what feels comfortable for you and meets your needs.

BLOCKS



You will be using blocks a lot when first starting out as you most likely will lack flexibility or length in poses such as forward folds and other standing postures. Blocks can assist you in an endless amount of ways to help you improve your alignment and steady yourself in poses.

STRAP



Yoga straps are wonderful tools to help aid in your flexibility, check your alignment, and deepen your stretches gently and slowly. These are great to use in seated postures and floor postures in which you're reaching towards your feet and need extra length to avoid rounding your back or hyperextending.

Optional Items

MUSIC: Music can be very complementary to your practice by elevating your mood and uplifting your spirits when you encounter a difficult pose. Although it is definitely not mandatory, it can add a little extra fun and energy into your practice!

INCENSE, CANDLE, or DIFFUSER: Grab your favorite scented candle, incense, or essential oil to have while you practice. This can be great for a night time practice when you want to wind down or when you come into your resting pose.

BLANKET or PILLOW: You can use a blanket or pillow to support your posture in seated poses or replace your block with them in supported poses for extra comfort. These can also be helpful in Savasana to place under your legs or if you feel more relaxed with a blanket over you.

SETTING UP YOUR SPACE FOR SUCCESS

Along with what tools you should have, here are some basic tips on how to choose and set up your space to help you create an everlasting habit with your yoga practice.

1 Choose a quiet space without distractions.

Try not to practice right in front of the television or where there is a lot going on. This will help you focus and relax your mind while you practice, allowing you to open up and deepen into poses. If you have kids and don't have the ability to get away, practicing in your living room and embracing the distractions around you is absolutely okay, or even involving them can add in some extra fun!

2 Keep your mat out to encourage you to practice.

Find a space specifically for you to practice yoga and leave your mat out, so you always remember to practice. If this is difficult for you because you have children, pets, live in a smaller space, or any other factor that prevents you from leaving it out, find a spot for you to keep your yoga tools, so you always see them.

3 Fill your space with inspiration.

We all need a little motivation and inspiration sometimes, especially when we are working towards a goal. Fill where you practice with inspirational quotes and pictures to remind you why you're doing this.

4 Practice in a space that feels GOOD.

You would rather spend your time in a clean, light room rather than a dark and dirty room, wouldn't you? Try to pick a space to practice that fills you with energy and puts you in a good mood. This could be anywhere in your house or even outside. Practicing in a space with lots of natural light is the most preferred spot.

HOW TO USE YOUR BREATH

The breath is a powerful tool when used efficiently. Below are our most important tips on learning how to fully utilize your breath.

Don't overthink it.

Don't get too caught up in "breathing perfectly"- there is no such thing, and ironically this will actually further hinder your success with mastering your breath. One of the best things you can do when first starting out is simply notice your breath without trying to change it- this will further deepen your breath-mind-body connection.

Focus on breathing in and out through your nose.

Many people breathe naturally through their mouth without even realizing it. Focusing on breathing through your nose activates the "rest and digest" response in your nervous system which helps you feel calm and centered.

Focus on equal counts.

During your physical yoga practice, focus on equal count breathing, meaning inhaling and exhaling the same amount of seconds. Starting with 3 to 4 counts is a great starting point and then adjust based on what feels best for you.

** Monthly breathing techniques will be available via video tutorials located in the [Breath Tutorials section](#).*

HOW TO USE YOUR BREATH IN YOGA POSES

When opening the chest, inhale.

Inhaling opens the space in your chest and lungs, and assists you into chest opening postures.

When folding forward, exhale.

Exhaling empties the lungs and minimizes the space between your upper and lower body as you fold. It also relaxes your body, assisting you into your folding postures.

When twisting, exhale.

When you prepare for twists, inhale to lift through your chest, then exhale as you twist. This minimizes the space in your lungs and rib cage, allowing you to twist deeper, and promotes relaxation responses in the body.



HOW TO SIT FOR **MEDITATION**

One of the biggest struggles people encounter with meditation is finding a comfortable position that they can stay in so they can focus. Below are different adjustments you can make to help you find a comfortable seat.



TIP

Whichever position you choose, make sure you are comfortable, but are still able to stay alert and not fall asleep.

Elevate your hips above your knees.

If you have a hard time sitting with a straight spine or have very tight hips, try sitting on a blanket, pillow, bolster, or block. Play with the height to see what feels best, and make sure you are sitting on the edge of it to help you effortlessly sit tall.



Sit in a chair.

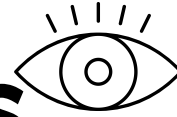
If sitting on the floor is not accessible for you or too uncomfortable, try sitting in a chair. Make sure it is a sturdy chair that doesn't sink down when you sit and sit on the edge of it to help you find a straight spine.



Meditate laying down.

Another option is to meditate lying down, but the main thing you want to keep in mind here is you don't want to fall asleep. If you can find a comfortable position where you are still able to stay alert and focus, this can be a great position to get into a meditative state.

HOW TO USE **INTENTIONS**



Setting an intention means to bring your attention or awareness to a quality or virtue you wish to cultivate both on and off your mat. Intentions make your practice so much richer and can, in turn, increase its effectiveness and changes that translate to your entire life.

Below we'll go over different ways you can set intentions in your practice.

Use previously made intentions (on each routine)

Each monthly Yoga Pages revolves around a common theme and with each physical practice, you will see an intention written out at the top to give you a focus for your practice. Feel free to use this intention in any way for yourself or use it as inspiration to make up your own.

Focus on something you want to work on

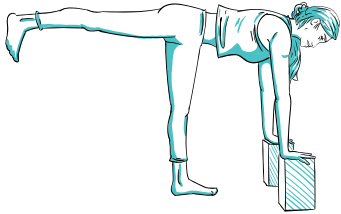
This could be something as simple as focusing on saying kind words to yourself. If you automatically go to a purely physical goal such as wanting looser hamstrings, ask yourself **why** do you want this, and keep doing this until you come to a concluded statement on what you want to focus on.

Use mantras

Mantras are short but powerful statements used to create a shift in your mind space. They often start with "I am" and can range from very general to very specific. The most important thing when using mantras as intentions is to truly connect with what you are saying to evoke a change in your mental, emotional, and/or spiritual state.

HOW TO USE YOGA PROPS

There are multiple different props you can use in your practice as well as how to use them, that it was impossible to show them all in this guide, so here we will go over the basic ideas of how to use the simplest and least expensive props: **blocks** and a **strap**. For tutorials on 50+ tutorials utilizing common props, go to the Yoga Pose Video Library.



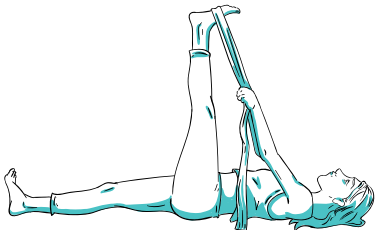
For Length

If you find yourself struggling in poses due to tightness or lack of flexibility, blocks can come in handy. By using blocks under your hands in certain postures, they can help by lengthening your arms so you can comfortably hold a pose.



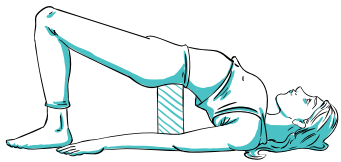
For Alignment

If you lack length in certain poses, it can often throw off your alignment and cause your back to round or pelvis to tilt. By using a block in poses in which your hand is supposed to be on the ground but is not quite there yet, you are giving yourself the extra length and correcting your alignment.



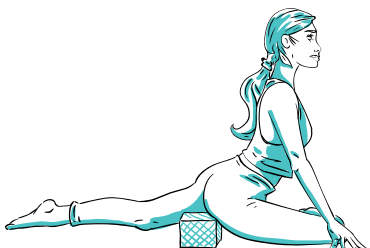
For a Deeper Stretch

You can use a strap to obtain many of the same benefits as using a block, and they work especially well for providing you with extra length and allowing you to get a deeper stretch in poses. Straps provide traction so you can gain extra length, correct your alignment, and then slowly deepen into the pose.



For Relaxation

If you would like to relax and wind down, using a block in certain poses can help you passively stretch your body while you focus on relaxing. You can also choose to replace your block with a pillow or bolster if you'd like for extra comfort.



For Support

If you lack flexibility in certain areas and find a pose is uncomfortable, you can use a block for support. When you feel discomfort, your body often compensates and throws off your alignment, so by supporting yourself, you are actually correcting your alignment as well.

HOW TO PRACTICE PROPER ALIGNMENT

Practicing proper alignment in yoga poses is crucial to setting a strong foundation and most importantly, for your safety! Here are a few things to keep in mind while practicing.

1 Align your knees over your middle toes.

In applicable poses, your knee should be tracking directly over the middle of your foot. If it's not, shift the weight off the foot (never try to move a joint or support with weight on it – that's a major source of injury!), adjust the foot so that the knee tracks directly over the middle of the foot, and enter the pose again.

2 Don't dump into your wrists.

You never want to lean all of your weight into your wrists as this can cause injury. Always lift your weight up out of your hands by engaging your arms, spreading your palms, and grounding through your fingertips instead of dumping the weight into your palms.

3 Don't lock your joints, micro-bend.

You never want to lock your joints, and you always want to have a sort of "micro-bend", meaning you are keeping the joint soft instead of hyperextended.

4 Always engage your core.

This is so important not only to strengthen your core, but to protect your back in poses where your body may naturally lean towards arching your back. Consciously engaging your core will automatically cause you to neutralize your pelvis and tuck your tailbone for proper alignment.

5 Don't forget about your head and neck!

Some poses may naturally cause you to hyperextend or bring your neck out of alignment with the rest of your body if you are straining, such as in Locust. Be sure to pay just as much attention to keeping your neck in line with the rest of your body to avoid straining it.

6 Stack your joints.

Your joints should always be in line with each other to avoid strain and injury. For example, in Tabletop, your wrists should be in line with your shoulders and your knees should be in line with your hips. This helps keep your body stable.

7 Use your breath to transition into poses.

Although not completely alignment-based, this is so important, as many injuries happen while transitioning from one pose to another. Before moving to your next pose, exhale to release tension, and make sure you are coming out of the pose comfortably and safely.

8 Stay grounded.

Any part of your body that touches the floor should actively be grounding into it to provide your body stability and a good base for the posture. This is very easy to forget when practicing poses working the rest of the body, but it is so important for correct alignment.

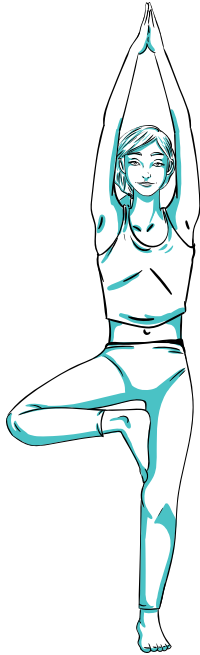
9 Keep your shoulders away from your ears.

This is a very common mistake many people make in yoga poses. The shoulders naturally creep up towards the ears, causing the back to slightly round. Consciously drop the shoulders away from the ears and draw the shoulder blades together while you lift through your chest.

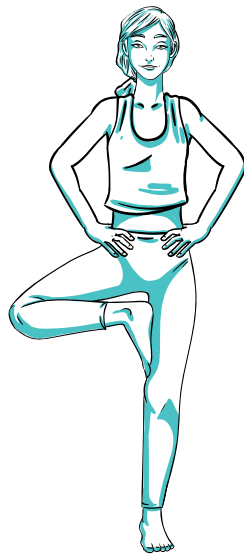
ARM VARIATIONS

There are many different ways to modify your arms in multiple poses. If your arms get tired easily in certain poses or you lack the range of motion to hold them in a certain position, feel free to modify! There is no right way to hold your arms. As long as you are practicing proper alignment and are comfortable, you are doing it right!

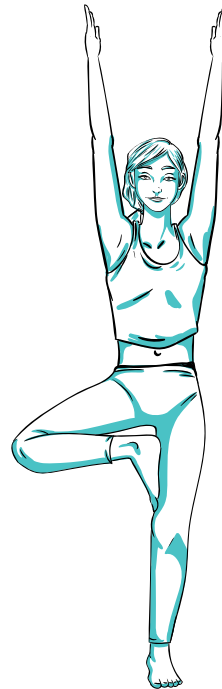
For any pose that involves lifted arms, feel free to interchange between the variations below to meet your needs.



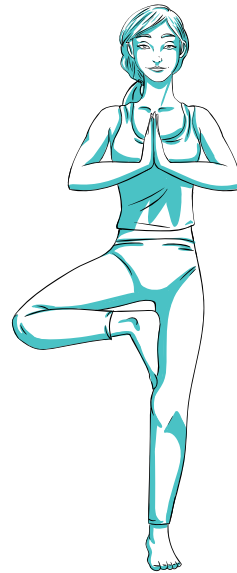
Overhead Prayer



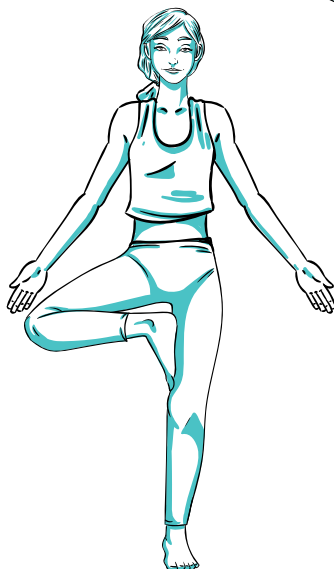
Hands on Hips



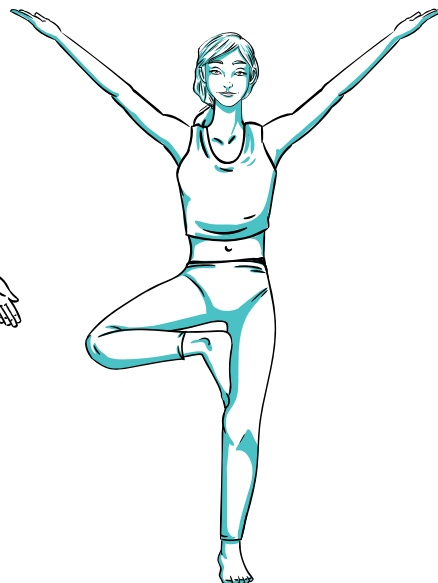
Parallel Arms



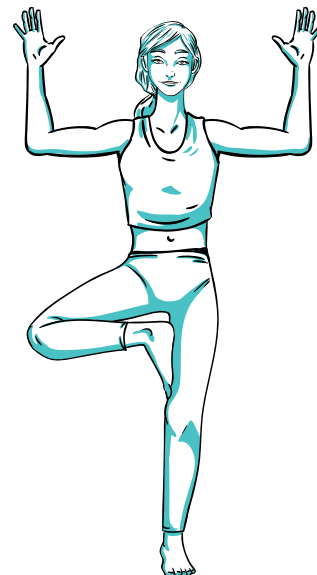
Center Prayer



Arms at Sides



V Arms



Cactus Arms

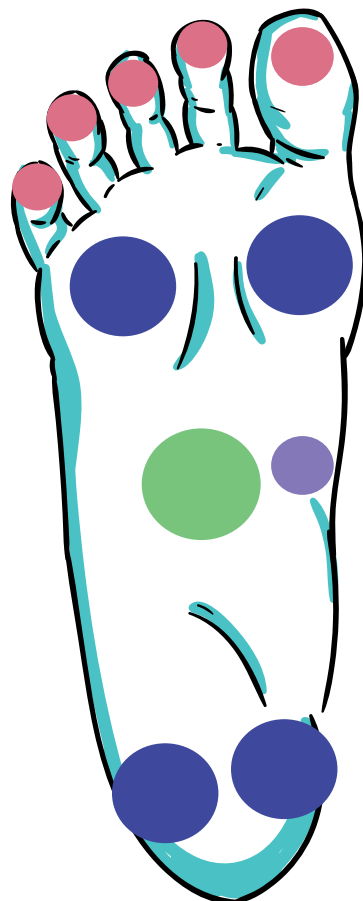
HANDS + FEET PLACEMENT

Yoga poses start from the ground up. Having proper hand and foot placement is so important for developing a strong base for stability, and avoiding wrist, hip and knee pain. Below are two simple diagrams for you to refer to when practicing your poses.



- firmly press into mat (primary pressure points)
- press into mat (secondary pressure points)
- visualize as suctioning up away from the floor
- do not let lift off of mat
- do not let weight collapse here

- toes spread and firmly planted on ground
- keep area lifted
- visualize as suctioning up away from the floor
- ground weight evenly



BEGINNER YOGA TIPS

Before jumping into your yoga practice, there are a few things you should think about and take mental note of to guarantee your success.

1

Listen to Your Body

Your body is going to tell you if you should stop or not push any further. When you feel these signals, it means it's time for you to back off because if you don't, you may get hurt. The more in tune you become with your body, the deeper you will understand when you should push and when you should stop. The goal is to stay consistent while still practicing safely.

2

Don't Push Too Hard in the Beginning

Overdoing it from the beginning is a sure way to convince yourself to stop practicing. Many people get excited when they start something new. It is good to be excited, but when you push yourself to exhaustion, you won't want to continue with it. The key to working out and staying consistent every day is to just do enough, so you want to do more tomorrow.

3

Use Props When You Need Them

Using props is not cheating. This isn't some type of competition where you need to prove to yourself that you don't need any help getting into these poses. Props are used to enhance your practice and support you. Understanding when you need to use a prop will be based on your body type and how flexible you are.

4

Modify Poses Accordingly

Each of our bodies is different, and trying to get into a pose that you see someone else in doesn't mean you have to look exactly like that. It's okay if you need to bend your knees a little in Downward Dog because your hamstrings aren't that flexible yet.

5

Always Warm Up Your Body

Warming up your body is important before you start any type of workout because it reduces the chances of you getting injured. Sun Salutations are a great way to warm up your body and we also include a few other warm-up routines for you to choose from.

6

Stay Consistent

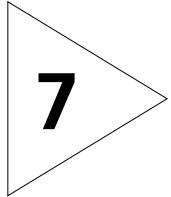
Nothing is going to be handed to you, and you have to earn it. If you want to learn to develop any habit, this is the one you want. Staying consistent and working on your practice multiple times a week is how you are going to get the results you want. The secret to many questions we ask about how to achieve something usually falls in line with staying consistent.

BEGINNER YOGA TIPS

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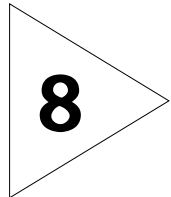
Don't Rush

Do not rush the process of getting your body to where you want it to be. Rushing will only cause more delays and it increases your chances of getting injured. The quickest way to achieving what you want is with patience, diligence, and consistency.

7

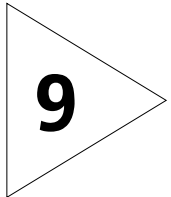
Your Nutrition is Directly Related To Your Practice

If you are trying to achieve a certain level of flexibility or weight loss and you are eating cookies every day, your results are going to be greatly delayed. Eating healthy will not only make your body much healthier, but you will start to feel much happier as well.

8

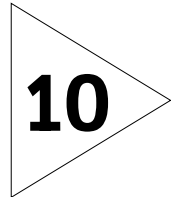
Don't Compare Your Journey To Someone Else's

This is important because this is one of the most common reasons why people stop. They see someone else that starts yoga, and within a week, they can touch their toes and get into Crow. We all have different bodies, and we are all at different stages with our bodies and practice. Please avoid comparing yourself and realize that you are amazing, and focus on what works for you.

9

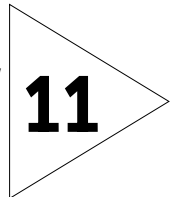
Love Your Body

Many people that bash themselves and look at themselves in a negative light tend to make more mistakes when it comes to their health. Loving yourself will give you the energy to keep moving forward, to keep going to your mat, and eating healthy. The best way to love yourself is to take care of yourself.

10

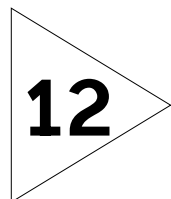
Stick With What Works For You

If you have a specific way that you like to warm up your body and you know that it makes you feel good, stick with that. If you want to adjust a routine or add a pose because it makes you feel good, do it! Create a foundation first with understanding your body, and as time goes on, start to take note of what makes you feel good and what doesn't. Everything is an experiment and a gateway towards understanding yourself on a deeper level.

11

Have Fun!

Learning to have fun and enjoy your practice will keep you coming back to your mat over and over again. This is the only body you are given, appreciate and enjoy what you have to work with.

12

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Just get in touch and we will find a solution. **team@yogarove.com**



YOU'RE READY!

Refer back to this guide anytime you need to throughout your monthly Yoga Pages. We are so excited for you to begin and can't wait to see where this brings you!

We also love to follow along your journeys! Feel free to connect with us on our social channels :)

