

How to Start Practicing Yoga at Home: Everything You Need to Begin

We may not be able to shuffle off to the gym or the yoga studio these days, but there is a solution: starting our own yoga practice at home. Here's how!

How to Start Your Own Yoga Practice at Home

Follow these simple steps to begin setting up your own home practice.

1. Find a Quiet Spot

Find a space in your home away from loud noises and people. That space may be in a quiet room, in the backyard, or any peaceful spot that you choose.

2. Set the Mood

Once you have found the perfect space, dim the lights, lower the shades, and turn down any loud sounds. If you enjoy a favorite scent, turn on an oil diffuser, light a candle, or burn incense.

3. Create Space

Yoga requires space. Once your yoga mat is situated, make sure to move any objects that may get in the way of your arms and legs.

4. Be Patient

Practicing yoga at home is different than practicing in a studio. There may be times when you have to check on the kids, answer the door, check the oven, etc. That's okay. Simply deciding to begin yoga is a huge step in the right direction.

4 Yoga Poses for Beginners

[Asanas are various poses](#) or postures held during yoga. Asanas move our body into rejuvenating stretches and are typically categorized as beginner, intermediate, or advanced.

Here are four beginner asanas you can start with:

1. Hands to Heart - Sukhasana

- Position: Sitting
- Style: Restorative, Stretch
- Anatomy Focus: Chest

In a seated position, cross your shins, widen your knees and slowly pull each foot onto the opposite thigh. Place your hands together, palms touching, in front of your chest. Relax your shoulders and take deep breaths in through your nose and out through your mouth.

2. Downward Dog - Adho Mukha Svanasana

- Position: Standing
- Style: Inversion, Forward-Bend, Stretch, Strength
- Anatomy Focus: Arms and Shoulders, Lower, Middle and Upper Back, Biceps and Triceps, Core, Feet and Ankles, Hamstrings

Walk your hands out to a 45-degree angle. Turn your gaze in between your legs as you place your chin to your chest. Continue pointing your sitting bones toward the sky as you relax into the position.

3. Child's Pose - Balasana

- Position: Prone
- Style: Restorative, Forward-Bend, Inversion
- Anatomy Focus: Lower Back, Feet and Ankles, Hips, Knees, Neck

Kneel with your hands on the floor, lower your hips towards your heels, and rest your forehead on the mat or a prop. Place your arms on the mat beside your hips, palms facing up. Allow both shoulders to slowly drift toward the mat.

4. Chair Pose - Utkatasana

- Position: Standing
- Style: Forward-Bend, Stretch, Strength, Balance
- Anatomy Focus: Arms and Shoulders, Lower Back, Hips, Knees, Pelvic, Quadriceps

Move both feet together so that the toes are touching. Bend both knees. Make sure the knees are positioned directly above the feet. Lift both arms above your head and let both biceps rest near your ears. Lower both shoulders and shift your gaze upward past your fingertips.

Yoga Tips for Beginners

Breathing techniques, meditation methods, and props for alignment and balance are integral pieces to add to your home yoga practice.

Practice Breathing Techniques

Breathing is an important aspect of yoga. It generates oxygen for each muscle during lengthy stretch routines and helps release tension when doing challenging poses.

Yoga sequences often use [Ujjayi breathing](#), also known as "Ocean Breath," that requires you to control your breath, keeping it steady and rhythmic just like the ocean waves. Other examples of yoga breathing exercises include [Lion's Breath](#) and [alternate nostril breathing](#).

Incorporate Meditation

Meditation can be an important part of your daily routine. [Personal meditation practices](#) are based on each person's unique character, specific surroundings, and life experiences.

Use Props

Props, which typically [include blankets, bolsters, blocks, and straps](#), provide benefits for body alignment, relaxation, and weight balance. They also help in alleviating joint pressure and strained muscles while executing more difficult poses.

Ready to Start Doing Yoga Today?

We all long for a quiet moment and a peaceful place to relax. It's time to create that space and start that yoga routine right in the comfort of your own home!

Check out our yoga mats and blocks for your hippy home!

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