



Look forward to and prepare for the upcoming Yoga Camp

#1 Take a deep breath out: Never mind if you're not flexible, or you're venturing into yoga for the first time. A good teacher can take care of all your doubts, so just relax. The journey will be enjoyable and relaxing.

#2 Follow the tradition: Learn from a qualified teacher and avoid possible injuries.

#3 Your body is unique: If you have a medical condition, inform your yoga instructor prior to the commencement of the training. It will help the teacher customize your yoga posture practice.

#4 Clothing: Wear comfortable clothing that facilitate movement.

#5 Wake up at cuckoo's call: It is best to practice yoga postures early morning; so wake up early and enjoy the fresh, cool breeze.

#6 Lighter stomach helps: It is advised to practice on an empty stomach or at least 2-3 hours after your last meal.

#7 Set the tone right before you start: Sukshma Vyayam or gentle warm-up exercises help loosen up the body and prepare it for the yoga postures coming ahead.

#8 Smile to take you through the miles: See the difference for yourself. Keeping a gentle smile relaxes the body and mind and helps you enjoy the yoga postures much more.

#9 Slow and steady yoga posture wins the race: Do only as much as you comfortably can and then just stretch a bit more (to improve body flexibility). Going slightly beyond your comfort zone will keep the yoga practice interesting and will add a spark of challenge as you progress and adopt new postures.

#10 Every yoga posture is unique, like you: Avoid comparing yourself to other students in the yoga class. Remember that each body type is unique and different people are at different levels of expertise. Don't feel pressurized and exert yourself.

Do not be alarmed if you experience some soreness in the muscles during the initial days of the practice. But if there is any pain, inform your instructor immediately. The crux here is to be regular with your yoga practice and have patience. Just like any other discipline it will take its own time.

So give yourself that time and be patient. The rewards of regular practice will unfold in ways you could not imagine before. Happy practicing, yogis!