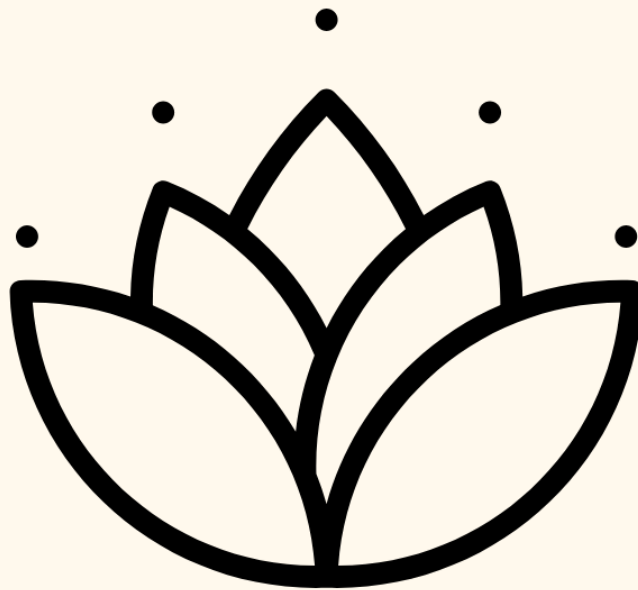


Beginners First 30 Days of Yoga



RANJANA YOGA CLASS

ranjanayogaclass.com

Welcome to your first 30 days

You do not need to be flexible, fit, or calm to start yoga. You only need a mat (or a carpet), ten quiet minutes, and this plan.

This guide gives you one short practice for every day of your first month. Week 1 starts with just ten minutes a day. By Week 4 you will have a complete twenty-minute practice that is truly yours.

How to use this plan

- Practice at the same time each day if you can. Morning works well, but any quiet time counts.
- Move slowly. In yoga, going slower is doing it better.
- Some days you will only manage five minutes. That still counts. Show up tomorrow.

What you need

- A yoga mat or a non-slip carpet
- Comfortable clothes you can stretch in
- A wall or chair nearby for balance
- Water for afterwards

SAFETY NOTE

Yoga should never hurt. A mild stretch is fine; sharp pain is a stop sign. If you are pregnant, recovering from an injury or surgery, or managing a health condition, please check with your doctor before starting, and skip anything that does not feel right for your body.

What is inside

- Week 1: Simply begin – 10 minutes a day (page 3)
- Week 2: Build the habit – 12-15 minutes a day (page 4)
- Week 3: Grow stronger – 15-20 minutes a day (page 5)
- Week 4: Make it yours – about 20 minutes a day (page 6)
- Your ten foundation poses (page 7)
- Pose gallery – see every pose (page 8)
- Questions beginners always ask (page 9)

Week 1: Simply begin (10 minutes a day)

This week is about one thing: showing up. Four friendly poses, slow breathing, no pressure.

Your daily practice (Days 1-7)

- 1 Easy Seat and Breathing. Sit comfortably, close your eyes, breathe slowly in and out through your nose. 2 MINUTES
- 2 Cat-Cow. On hands and knees, arch your back up as you breathe out, soften it down as you breathe in. 2 MINUTES
- 3 Child's Pose. Knees wide, sit back towards your heels, arms forward, forehead down. Rest here. 2 MINUTES
- 4 Mountain Pose. Stand tall, feet firm, arms relaxed. Feel your feet on the ground. 1 MINUTE
- 5 Lying Twist. Lie on your back, knees bent, drop them gently to one side, then the other. 2 MINUTES, BOTH SIDES
- 6 Rest (Shavasana). Lie flat, let your whole body go soft. 1 MINUTE

DAY 7 IS SPECIAL

Day 7 is special: rest from the poses. Sit quietly for five minutes and notice how your body feels after one week.

TICK OFF YOUR WEEK



Mark each day you practise. Seven small ticks beat one big effort.

YOUR NOTES FOR THIS WEEK

Week 2: Build the habit (12–15 minutes a day)

You know the way to your mat now. This week we add two standing poses and a little more strength.

Your daily practice (Days 8–14)

- | | | |
|---|---|-----------------------|
| 1 | Easy Seat and Breathing | 2 MINUTES |
| 2 | Cat–Cow | 2 MINUTES |
| 3 | Downward–Facing Dog. From hands and knees, lift your hips up and back. Bend your knees as much as you like. | 1 MINUTE |
| 4 | Mountain Pose | 1 MINUTE |
| 5 | Warrior I. Step one foot forward, bend the front knee, arms rise. Steady and strong. | 2 MINUTES, BOTH SIDES |
| 6 | Tree Pose. Stand on one foot, other foot to your calf (never the knee). Hold the wall if needed. | 2 MINUTES, BOTH SIDES |
| 7 | Child's Pose | 2 MINUTES |
| 8 | Rest (Shavasana) | 2 MINUTES |

TIP

balance wobbles are not failure. Wobbling is your body learning.

TICK OFF YOUR WEEK



Mark each day you practise. Seven small ticks beat one big effort.

YOUR NOTES FOR THIS WEEK

Week 3: Grow stronger (15–20 minutes a day)

This week the poses start to link together. You will meet your first mini Sun Salutation.

Your daily practice (Days 15–21)

- 1 Easy Seat and Breathing 2 MINUTES
- 2 Cat-Cow 1 MINUTE
- 3 Mini Sun Flow – 5 rounds (about 5 minutes). Breathe in: arms up from Mountain. Breathe out: fold forward. Breathe in: hands
- 4 Warrior II. From Warrior I, open your hips and arms wide, gaze over your front hand. 2 MINUTES, BOTH SIDES
- 5 Seated Forward Fold. Sit, legs long, fold gently over your legs. 2 MINUTES
- 6 Lying Twist 2 MINUTES, BOTH SIDES
- 7 Rest (Shavasana) 3 MINUTES

TIP

in the flow, let your breath lead. If you lose the breath, pause in Child's Pose and rejoin when ready.

TICK OFF YOUR WEEK



Mark each day you practise. Seven small ticks beat one big effort.

YOUR NOTES FOR THIS WEEK

Week 4: Make it yours (about 20 minutes a day)

You have everything you need now. This week we bring it together into one complete practice.

Your daily practice (Days 22–29)

- 1 Easy Seat and Breathing 2 MINUTES
- 2 Mini Sun Flow – 5 rounds.
- 3 Warrior I and Warrior II 3 MINUTES, BOTH SIDES
- 4 Tree Pose 2 MINUTES, BOTH SIDES
- 5 Seated Forward Fold 2 MINUTES
- 6 Bridge Pose. Lie on your back, knees bent, feet down. Lift your hips slowly, hold, lower slowly. 2 MINUTES
- 7 Lying Twist 2 MINUTES, BOTH SIDES
- 8 Rest (Shavasana). Finish with one slow breath and a quiet thank-you to yourself. 3 MINUTES

Day 30: your graduation practice. Do the full sequence, then sit for five minutes of quiet meditation. Notice your breath, your body, and how far you have come in one month.

TICK OFF YOUR WEEK



Mark each day you practise. Seven small ticks beat one big effort.

YOUR NOTES FOR THIS WEEK

Your ten foundation poses

1 Mountain Pose (Tadasana)

Stand tall, feet grounded, spine long. The starting point of every practice.

2 Cat-Cow (Marjaryasana-Bitilasana)

Slow arching and rounding of the spine. Warms the back gently.

3 Child's Pose (Balasana)

Your resting pose. Return to it any time, in any practice.

4 Downward-Facing Dog (Adho Mukha Svanasana)

An upside-down V. Strengthens arms, stretches the back of the legs.

5 Cobra (Bhujangasana)

A gentle backbend. Lift the chest a little, shoulders away from the ears.

6 Warrior I (Virabhadrasana I)

A strong standing lunge. Builds legs and focus.

7 Warrior II (Virabhadrasana II)

Warrior I opened wide. Steady hips, steady gaze.

8 Tree Pose (Vrikshasana)

Standing on one leg. Balance improves every time you practise.

9 Seated Forward Fold (Paschimottanasana)

A quiet stretch for the back of the body. Bend the knees if the hamstrings ask you to.

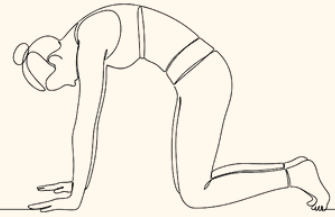
10 Bridge Pose (Setu Bandhasana)

Hips lifted from lying. A soft, strengthening backbend to finish.

Your Ten Foundation Poses



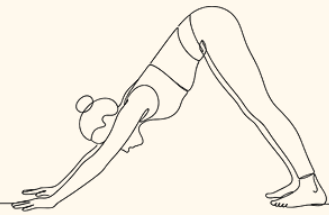
Mountain Pose



Cat-Cow



Child's Pose



Downward-Facing Dog



Cobra Pose



Warrior I



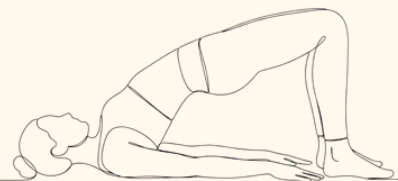
Warrior II



Tree Pose



Seated Forward Fold



Bridge Pose

Questions beginners always ask

I am not flexible at all. Can I still do yoga?

Yes – that is exactly who yoga is for. Flexibility is a result of practice, not a requirement for it.

What if I miss a day?

Nothing bad happens. Simply begin again the next day. The plan waits for you.

When will I notice a difference?

Many beginners tell us they sleep better and feel less stiff within two to three weeks. Your experience is your own – let it unfold.

Should I eat before practice?

A light stomach is best. Leave about two hours after a full meal.

Where do I go after Day 30?

You now have a complete twenty-minute home practice – repeat it, grow it, and

Keep exploring – free from our library

- Surya Namaskar (Sun Salutations) – step-by-step
- 15-Minute Morning Yoga
- Yoga Nidra – guided deep rest
- Pranayama (Breathing Techniques) for beginners

A gentle reminder: this guide offers general yoga education, not medical advice. Please listen to your body and consult a qualified health professional about any pain or health concern.

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