

RANJANA YOGA CLASS

Yoga Apps and Books

A Beginner's Guide to Learning

How to choose apps, books and classic texts
without getting overwhelmed

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What yoga learning resources is

Apps, videos and books can support a home practice, and classic texts give the philosophy behind it. They work best when you pick a few and use them regularly.

Practice guides show you what to do. Philosophy texts explain why the tradition does it. Many beginners start with a simple practice guide and read one classic text slowly.

The short answer

Be wary of any resource that promises cures or dramatic results. A good resource explains safety, offers options, and encourages you to listen to your body.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

If you have an injury or a medical condition, a video or app cannot assess you. Ask your doctor, and where possible a trained teacher, before following a routine.

Stop and get medical advice if you notice:

- pain during a pose followed in an app or video;
- dizziness or breathlessness;
- a routine that pushes you past mild effort.

3. Choosing learning resources

Type	Good for	Watch out for
Apps and videos	Guided practice at home	Fast pace, no personal feedback.
Practice books	Step-by-step pose detail	Photos may show advanced versions.
Classic texts	Understanding the tradition	Translations differ widely.
Live classes	Feedback and community	Quality varies by teacher.

4. Classic texts beginners often meet

Text	What it covers
Yoga Sutras	Short verses on the mind and the eight limbs.
Bhagavad Gita	A dialogue on duty and the paths of yoga.
Hatha Yoga Pradipika	Postures, breath and cleansing in the hatha tradition.
Upanishads	Early reflections on self and reality.

Read with a good commentary, and take it slowly.

5. A 15-minute learning session

Time	Practice	Notes
5 min	Follow a short guided practice	Gentle.
5 min	Read a page of a text	Slowly.
3 min	Sit and think about it	Quiet.
2 min	Note one question	Ask your teacher.

6. Your four-week plan

Week	Focus	Length	What to notice
1	Choose one app or book	10 min	Does it feel clear?
2	Follow it three times	15 min	Is it too fast?
3	Add one classic text	10 min	Which verse stays with you?
4	Visit a class to compare	Class	Ask questions.

7. Choosing a class or teacher

A teacher can recommend resources that suit your level. Ask what they would suggest for beginners.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

8. Practising at home

At home, schedule a regular slot. Use one resource at a time instead of switching constantly.

9. Honest expectations

Good resources help many people practise more consistently. They do not replace personal guidance when you have health needs.

10. Common mistakes and fixes

Mistake	Fix
Collecting too many resources	Pick one or two.
Following advanced videos	Choose beginner level.
Trusting cure claims	Be sceptical.
Reading texts without context	Use a commentary.
Skipping practice for reading	Do both.

11. Questions people ask

Which book should I read first?

A beginner practice guide plus one short text such as the Yoga Sutras with a commentary.

Are yoga apps good enough?

They help many people, but they cannot see you or correct you.

How do I judge a source?

Look for clear safety advice, qualified authors and no cure promises.

Which translation is best?

Try a few pages of each. Clear language and good notes matter most.

12. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

13. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

14. Glossary

Term	Plain meaning
Sutra	A short verse in a classic text.
Commentary	An explanation of a text.
Translation	A version in another language.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Reading notes	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				