

RANJANA YOGA CLASS

Personal Practice

A Beginner's Guide

Build a simple routine that fits your body,
your time and your goals

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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 a personal practice is

A personal practice is a routine you design for yourself, based on your body, your schedule and what you want from yoga. It can be 10 minutes or an hour.

A balanced session usually has a few parts: settling in, warming up, movements that stretch and strengthen, a quiet breathing or meditation period, and a final rest. You can scale each part up or down.

The short answer

Consistency matters more than length. Short sessions on most days usually serve beginners better than one long session a week.

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, a long-term condition or you are pregnant, check with your doctor before building a routine. Choose poses within a pain-free range.

Stop and get medical advice if you notice:

- sharp or lasting pain;
- dizziness, chest pain or breathlessness;
- numbness or tingling that does not ease.

3. Parts of a balanced session

Part	Example	Time
Settle	Sit and breathe slowly	2 min
Warm up	Cat and cow, shoulder rolls	3 min
Move	Standing poses and a gentle fold	8 min
Breathe	Slow breathing or short meditation	3 min
Rest	Lie down and relax	3 min

4. Adjusting to your goal

Goal	Lean towards
Flexibility	Gentle holds after warming up.
Strength	Standing poses and plank, held briefly.
Calm	Slow breath and long rest.
Energy	Sun salutations at an easy pace.

Goals can change, so review your routine now and then.

5. A 20-minute starter routine

Time	Practice	Notes
3 min	Settle and breathe	Slowly.
4 min	Cat and cow, neck and shoulder rolls	Warm up.
6 min	Mountain, low lunge, warrior, forward fold	Mild.
4 min	Seated breathing or quiet sitting	Calm.
3 min	Final rest	Relax.

6. Your four-week plan

Week	Focus	Length	What to notice
1	Three short sessions a week	10 min	Does the time fit?
2	Add a longer weekend session	20 min	What did you enjoy?
3	Swap in poses you like	20 min	Any strain?
4	Review with a teacher	Class	Adjust your plan.

7. Choosing a class or teacher

A teacher can check your alignment and tailor a routine. Even one private or small-group session helps.

- 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, choose a regular time and keep a short fallback routine for busy days.

9. Honest expectations

A routine you enjoy is more likely to last. Results vary, and no routine replaces medical care.

10. Common mistakes and fixes

Mistake	Fix
Doing too much too soon	Build gradually.
Copying advanced routines	Choose beginner level.
Skipping warm-up or rest	Keep both.
Waiting for the perfect time	Start short.
Ignoring pain	Back off.

11. Questions people ask

How long should my practice be?

Start with 10 to 20 minutes. Regular short sessions work well.

How often should I practise?

Three to five times a week suits many beginners.

Should I follow a set order?

A simple order helps: warm up, move, breathe, rest.

How do I know if it is working?

Notice sleep, mood, comfort and energy over a few weeks.

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
Routine	A repeated sequence of practice.
Warm-up	Easy movement to prepare the body.
Savasana	Final relaxation lying down.

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	Practice log	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				