

RANJANA YOGA CLASS

Teaching Beginners

A Guide to Designing a Class

Plan a clear, safe class for newcomers
and teach with confidence

By Ranjana Sinha | ranjanayogaclass.com

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

Contents

#	Section
1	What a beginner class is
2	Before you begin: safety first
3	Shape of a beginner class
4	Teaching habits that help
5	A sample 45-minute plan
6	Your four-week plan
7	Choosing a class or teacher
8	Practising at home
9	Honest expectations
10	Common mistakes and fixes
11	Questions people ask
12	A pre-session checklist
13	Your first week, day by day
14	Glossary
15	Practice log

1. What a beginner class is

A beginner class introduces simple poses, breathing and relaxation at a gentle pace. The aim is for newcomers to feel safe, welcome and able to follow.

A good class has a clear shape: arrival, warm-up, main poses, a quiet breathing or meditation part and final rest. Each part is easy to follow with simple language and demonstrations.

The short answer

Teaching well is mostly about attention. You watch the students, give options and keep poses accessible, rather than pushing for perfect shapes.

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

Ask new students about injuries, pregnancy and medical conditions before class, and encourage them to check with their doctor when needed. Teach within your training and refer on when something is beyond it.

Stop and get medical advice if you notice:

- a student reporting pain, dizziness or chest discomfort;
- a student with a condition you are not trained to handle;
- a pose that most of the class cannot do safely.

3. Shape of a beginner class

Part	What happens	Time
Arrival	Welcome, health check, settle	5 min
Warm-up	Joint movements, cat and cow	8 min
Main poses	Standing and floor poses with options	25 min
Breath	Simple breathing practice	7 min
Rest	Final relaxation	10 min

4. Teaching habits that help

Habit	Why
Use plain language	Newcomers may not know Sanskrit terms.
Demonstrate and explain	Many people learn by watching.
Offer options	Different bodies need different versions.
Keep the pace slow	Time to breathe and settle.

Aim for students to leave feeling calmer, not worn out.

5. A sample 45-minute plan

Time	Practice	Notes
5 min	Welcome and settle	Slow breathing.
8 min	Warm-up	Joint circles.
20 min	Standing poses, then floor poses	Options.
5 min	Breathing	Simple.
7 min	Final rest	Quiet.

6. Your four-week plan

Week	Focus	Length	What to notice
1	Plan a 20-minute class for a friend	20 min	Was it clear?
2	Teach it to a small group	30 min	What questions came up?
3	Add options for different bodies	30 min	Who needed help?
4	Ask a mentor for feedback	Chat	What would you change?

7. Choosing a class or teacher

Look for a teacher training that includes anatomy, safety and practice teaching. Observe experienced teachers.

- 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, practise cues aloud and record yourself to hear pace and clarity.

9. Honest expectations

Good teaching can make beginners feel safe and capable. It does not replace professional medical advice.

10. Common mistakes and fixes

Mistake	Fix
Teaching advanced poses	Keep it basic.
Rushing	Slow down.
Talking too much	Give quiet time.
No options	Offer variations.
Ignoring injuries	Ask and refer on.

11. Questions people ask

How long should a beginner class be?

Forty-five to sixty minutes suits most groups.

Should I use Sanskrit?

A few terms with plain explanations. Do not overuse.

How do I handle injuries?

Ask before class, offer options and refer to a doctor when needed.

How many poses should I teach?

Fewer, done well. Repeat them across 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
Cueing	Spoken instructions in a pose.
Sequencing	The order of poses in a class.
Variation	An easier or harder version of a pose.

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