

4-Week Beginner Yoga Plan

FitInFlow.space · For healthy adults. Information only, not medical advice. Based on NCCIH, NHS and UCLA Health guidance. Updated October 2026.

Before you start: check with a doctor if you have

- ☐ Glaucoma or uncontrolled high blood pressure
- ☐ Recent injury, back problem, osteoporosis, joint replacement
- ☐ Balance problems or past falls
- ☐ Pregnancy (get clearance; choose a prenatal class)
- ☐ Heart disease or another monitored condition
- Stop and get help** for chest pain, sudden breathlessness, faintness, or sharp or shooting pain.

The plan

Week	Focus	Sessions	Length	Rest at end	Move on when
1	Learn 5 shapes	2 (1 with a teacher)	15-20 min	2-3 min	You can do all 5 without copying
2	Build the habit, add 3 poses	3	10-15 min at home	3 min	3 sessions done, no sharp pain
3	Add slow, even breathing	3	20-25 min	5 min	Smooth breath in every pose
4	Try a new style	3 (1 new style)	20-30 min	5 min	You know which style to keep

Every session: Arrive (still, breathe) > Warm up > Standing poses > Floor poses > Rest (shavasana)

The eight poses

Pose	Week	Key cue	Easier version / caution
Mountain (Tadasana)	1	Weight even, crown lifting	Back near a wall
Cat-cow (Marjaryasana-Bitilasana)	1	Move slowly with the breath	Blanket under knees
Child's pose (Balasana)	1	Hips toward heels	Cushion under chest; skip with knee injury
Downward dog (Adho Mukha Svanasana)	1	Long spine before straight legs	Knees bent or hands on chair. Avoid with glaucoma
Corpse (Shavasana)	1	Let the body be heavy	Cushion under knees; side-lying in pregnancy
Warrior II (Virabhadrasana II)	2	Front knee over ankle	Shorter stance; knee must not fall inward
Tree (Vrikshasana)	2	Gaze on one still point	Foot on ankle, never the knee; hand on wall
Bridge (Setu Bandha Sarvangasana)	2	Press through the feet	Block under lower back; keep the neck still

Soreness or pain?

Usually normal: keep going gently	Stop and back off
Dull muscle ache a day or two later	Sharp, stabbing or shooting pain during a pose
Stretching feeling in the belly of a muscle	Pain in a joint: knee, hip, lower back or neck
Muscles shaking slightly in a hold	Numbness, tingling, pins and needles
Tired after a session	Dizziness, chest pain, breathlessness: stop and get help

Beginner rules: no headstands, shoulder stands, lotus or forceful breathing this month (NCCIH). Avoid hot yoga for now. If you cannot breathe smoothly, ease out of the pose.

My Practice Tracker

Fill in one row per session. Bring it to your teacher if anything hurts or feels unclear.

Week	Session	Date	Class or home?	Minutes	Smooth breath?	How my body felt / notes
1	1					
1	2					
2	1					
2	2					
2	3					
3	1					
3	2					
3	3					
4	1					
4	2					
4	3					

End of month

Style I want to keep: _____ Poses that felt good: _____
Poses to ask a teacher about: _____ Next month: _____ sessions per week

Yoga does not replace medical care. Pain that lasts more than a few days or keeps returning needs a doctor or physical therapist.