

Beginner Hatha Yoga Sequence and Safety Card

FitInFlow.space · For information only, not medical advice. Safety notes based on NCCIH guidance. Updated October 2026.

1. The 8-pose sequence (about 20 minutes)

#	Pose	Hold	Easier option	Take care if
1	Mountain (Tadasana)	5 breaths	Feet hip-width; stand by a wall	Dizzy on standing
2	Cat-cow	6 rounds	Seated version in a chair	Wrist or knee pain
3	Child's pose (Balasana)	5 breaths	Cushion under hips or chest	Knee problems; late pregnancy
4	Warrior II (Virabhadrasana II)	5 breaths / side	Shorter stance, less knee bend	Knee or hip pain
5	Tree (Vrksasana)	5 breaths / side	Foot at ankle; hand on a wall	Balance problems
6	Bridge	5 breaths	Block or book under the sacrum	Neck problems
7	Seated forward bend	5 breaths	Bend the knees; sit on a blanket	Low back pain, osteoporosis
8	Corpse pose (Savasana)	5 minutes	Bolster under knees	Pregnancy: lie on your side

Key alignment cues

Soft knees in standing poses, never locked. Front knee over the ankle, not past it. In Tree, foot above or below the knee, never on it. In forward bends, hinge from the hips with a long spine and bent knees. In Bridge, keep the head still. If you can't breathe smoothly, ease off.

2. Gentle breathing to finish (2 to 3 minutes)

Sit comfortably. Breathe slowly through the nose, making the out-breath a little longer than the in-breath. No straining, no breath holding. If you feel dizzy, return to normal breathing.

Skip forceful breathing such as kapalabhati as a beginner, during pregnancy, or with high blood pressure or heart disease.

3. Check with a doctor or experienced teacher first if you

☐ Are pregnant ☐ Have glaucoma (limit head-down poses like Downward Dog; no headstands)
☐ Have severe high blood pressure ☐ Have knee, hip or spine problems or osteoporosis
☐ Are over 65 or have balance problems ☐ Plan to try hot yoga

4. Stop straight away if you feel

Sharp or worsening pain · Chest pain · Dizziness or faintness · Shortness of breath · Numbness or tingling

Seek medical help if symptoms do not settle quickly. Call emergency services for chest pain or severe shortness of breath.

Beginners: avoid headstands, shoulder stands, lotus position and forceful breathing (NCCIH). Take a few guided classes before practicing alone. Yoga does not replace medical care.