Beginner Yoga Safety Checklist and 4-Week Starter Log

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1. Talk to a doctor first, and tell your teacher, if you have

[ ] Glaucoma (avoid head-down poses) [ ] Severe or uncontrolled high blood pressure [ ] Pregnancy
[ ] Knee or hip injury, or hip replacement [ ] Lumbar spine disease, recent back injury or osteoporosis
[ ] Balance problems, dizziness or past falls [ ] Age 65+ (higher rate of yoga injuries; start gently)
Stop and get help for: chest pain, sudden shortness of breath, faintness, or sharp or shooting pain.

2. Eight foundation poses, with easier versions

Pose	Sanskrit	Easier version / caution
Mountain	Tadasana	Stand with your back near a wall
Cat-cow	Marjaryasana-Bitilasana	Folded blanket under the knees
Child's pose	Balasana	Cushion under the chest; skip with a knee injury
Downward dog	Adho Mukha Svanasana	Bend the knees, or hands on a chair. Avoid with glaucoma
Warrior II	Virabhadrasana II	Shorten the stance
Tree	Vrikshasana	Foot on ankle or calf, never the knee; hand on a wall
Bridge	Setu Bandha Sarvangasana	Block under the lower back; keep the neck still
Corpse	Shavasana	Cushion under the knees; lie on your side in pregnancy

3. Questions to ask a teacher or studio

[ ] What training and experience do you have? [ ] Is this class suitable for complete beginners?
[ ] Do you offer modifications and props? [ ] Is the room heated? [ ] Does the class include chanting?

4. Beginner rules

No headstands, shoulder stands, lotus or forceful breathing at first (NCCIH). Ease off at the first sharp sensation.
Breathe smoothly; if you can't, back out of the pose. Take a few live classes before relying on videos.

5. 4-week starter log

Week	Goal	Sessions (dates)	How did my body feel?	Notes for my teacher
1	One beginner class			
2	Class + 1 home session			
3	Add slow breathing			
4	Try a second style			

Yoga is not a substitute for medical care. Pain that persists or worsens needs a doctor's assessment.