



Yoga

GUIDE

----- INCLUDING -----

● STARTING OUT WITH YOGA

● BEGINNER POSES

● OUR TOP TEN TIPS

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Starting out with Yoga

Congratulations and thank you for your purchase of the Sundried yoga mat! We hope that you are delighted with your purchase. You have chosen a fantastic yoga mat, as we are proud to have created a product that will provide top quality and allow for the best possible results in your yoga session.

Our non slip yoga mat is made from quality jute material and is perfect for anyone from beginner to expert yogi. It can be your companion for a hot yoga class or to just be used in the comfort of your own home. You won't need a yoga bag or cover as it comes with a nifty subtle carry strap.

Yoga has so many benefits which makes it one of the most popular exercise disciplines in the world. From increasing your flexibility to improving your posture and even helping with chronic pain, it's no wonder so many people are starting to love yoga.



Starting out with yoga

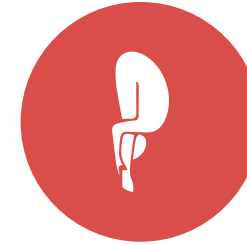
One of the wonders of yoga is that you don't need fancy, expensive equipment or even a gym membership as you can do it from the comfort of your own home. However owning your own yoga mat is perfect for yoga classes as it means you won't need to worry about if there'll be enough or using one that other people have used before you.

There are many varied yoga styles out there, but don't be deterred by the variety: try several and find a style that you like best. Some of the most popular yoga styles include Yin yoga, Power yoga, and Bikram yoga.

Yin yoga is a slow-paced style of yoga with poses that are held for 5 minutes or longer and is great for beginners. Power yoga is a more vigorous type of yoga. It is not a set series of poses but instead can take any number of forms. Bikram yoga, on the other hand, is the same no matter where you go. You can be sure that you will sweat; the room is heated to 40 degrees celsius and the class challenges you both physically and mentally.



3 beginner yoga poses to try



Padmasana - Lotus Position

Sit with your legs outstretched

Place the foot of the right leg on the thigh of the left leg. If you are more flexible, you will be able to get in onto the hip

Repeat with the other leg

Make sure the soles of the feet point upwards

Place your hands on your knees

Close your eyes and relax



Marjariasana - Cat stretch pose

Start on all fours with the hands shoulder width apart and the knees hip-width apart

Inhale and raise the head while pressing the hands into the floor and concaving the back



Slowly exhale and lower the head, stretching the spine upwards and pulling in the core

Repeat 5 to 10 times

Vrikshasana - Tree pose

Stand up straight

Draw the left leg up and place the sole of the foot on the inner thigh of the right leg. If you are more flexible you will be able to place the foot higher.

Inhale and raise your arms up and place your palms together

Hold for 10 seconds, then exhale and lower the arms and leg back to starting position

Repeat on the other side



We hope you enjoy using your new Sundried yoga mat to develop your love of yoga! Why not drop us a comment or even a review on the sundried website and sundried.com

What kit do I need ?

Make sure you're comfortable while doing your yoga workout.

Loose flowing yoga top

Stay cool and comfortable in the Sundried Grivola Tee which is loose-fitting and made from sweat-wicking fabric to prevent chafing. What's more, it stays true to the yoga ethos in that it is made from 100% recycled materials! Made from recycled coffee grounds, this top is both sustainable and ethical so that you can be proud of your yoga top's roots.

Sports bra or crop top

Yoga is a very low impact activity which means you don't need a high impact sports bra. Sundried's Breithorn Bra 2.0 is super stylish and doubles up as a cute crop top meaning you can wear it as part of a casual outfit as well as for exercise. All of Sundried's sports bras and crop tops provide medium support and so are perfect for yoga.

Comfortable leggings

Sundried's seamless legging collection is perfect for all the contortions and flowing movements that yoga demands. Don't worry about itchy seams or chafing, our leggings are perfectly comfortable and made from super soft materials so you'll feel your best while you stretch and pose.



Yoga Mat

Some gyms and classes provide yoga mats, but it's always best to have your own in case there's not enough to go round or it's been used by someone sweaty! The Sundried yoga mat is made from premium Jute material which is a natural fibre which won't fray or break no matter how many times you use it. It's completely non-slip so you can bend and fold with confidence and its extra thick padding is soft and comfortable under foot.

A water bottle

Especially if you're doing hot yoga, you'll need to make sure you stay hydrated. You may not be running or jumping around, but you'll still need to hydrate your muscles to prevent cramping. Take your Sundried water bottle with you with its stylish look and non-spill cap.

You've got the training, you've got the kit, now for our top tips.



Top 10 tips for **yoga**

1

Focus on your breathing

2

Warm up properly

3

Practice at home

4

Don't compare yourself to others



5

Take your time

6

Enjoy yourself

7

Ask for help if the instructor goes too fast

8

Use options if you cannot do the full pose

9

Focus on your balance

10

Relax!

