



PRESENTS

The Ultimate Step-by Step Guide to practicing yoga at home

Step confidently onto your mat.

So, you're curious about yoga (amazing) Then you're in the right place....

Welcome to the your step by step guide to setting up a home yoga practice...



We get it! It can be daunting to try something new, especially yoga. Just knowing where to begin can feel like a challenge in itself. Which class do I go to? Am I flexible enough? What about if it's full of experienced yogis and I look silly? Do I have time to fit this in? We hear these questions and concerns pop up all the time from the 100's students that have practiced with us and unfortunately this often stops people trying yoga in the first place.



So, we're on a mission to change that and that's why we created 'The ultimate step by step guide to practicing yoga at home' this is the first step in our approach of teaching yoga and helping humans to live healthily. It's also our way of meeting new humans and welcoming them into our community. To help with this we've drafted in some help from our amazing students who started exactly where you are!



We asked them to share the #1 tip they would have given themselves when they were thinking of trying yoga. Because, like you, they had the same questions and concerns. We then compiled their wisdom and experience into this PDF to answer all the questions and concerns you may have, to help you to get practicing yoga right away :)



Alongside this we're here to support you as you take the first steps on your yoga journey. We've put all our details at the bottom so you can contact us and ask any questions you may have, discuss any concerns or simply say HI :) We'd love to hear from you.
But first let us introduce ourselves.....



HEY, WE'RE AMY & ALEC

We're partners and yoga teachers living on a tiny rock in the Irish sea called the Isle of Man.

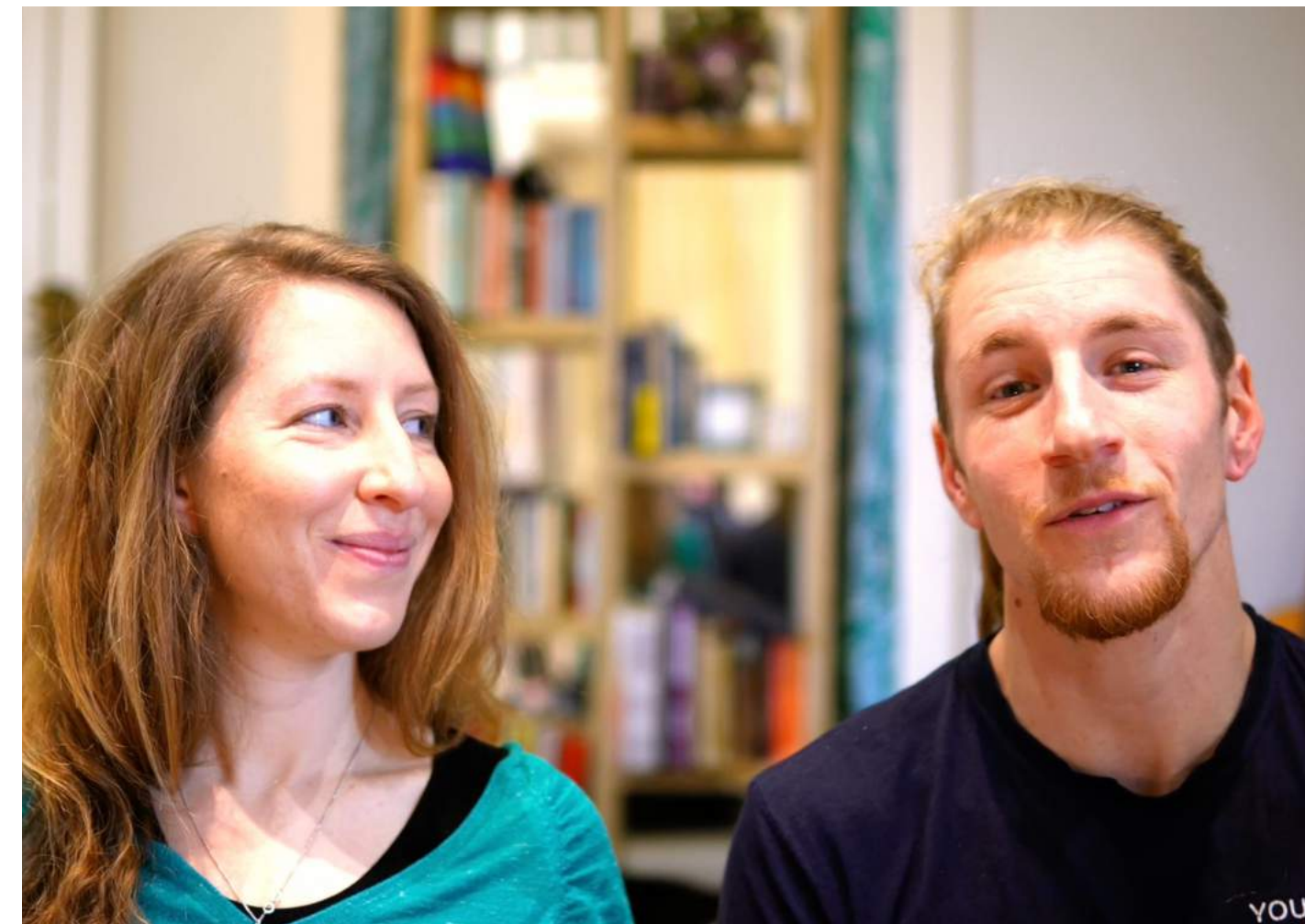
We've taught thousands of students both online in our online memberships and in the studio. Last year we made the difficult decision to close our beautiful yoga studio and pivot to online teaching...with a difference...

It's our mission to bring the values and spirit of our studio with us into our online membership because we discovered that having a beautiful community, connection to other humans and personalised guidance makes yoga so much more nourishing and enjoyable.

If you're reading this and curious to try yoga we're super excited for you! You're at the start of something very exciting and we're grateful you're sharing that step with us and our community.

It's really important to us that you feel supported so feel free to drop us a message if you have any questions.

Talk soon



A person is shown in a yoga pose, sitting on a mat with legs in a wide, stable position. A green rectangular box is overlaid on the left side of the image, containing white text. In the foreground, a dark, textured yoga ball is partially visible on a wooden floor.

How to use this guide

We've split this guide into 2 parts. The first part is all about getting practical and giving you a simple set of steps to follow so that you can easily start practicing yoga right away and beginning to build healthy habits that last a lifetime.

The second is where we give the floor to our wonderful students to share their wisdom and experience of practicing yoga with us. They started exactly where you are and had the same concerns. We wanted to share their stories by asking them one simple question. What is the the #1 tip they would have given themselves when they were thinking of trying yoga? It's such a simple question yet powerful in untangling the limiting beliefs we often have when we think about starting something new.

We want you to hear from other like-minded humans who use yoga as their way of looking after their health and living a healthy lifestyle.

So let's get into to it and get practicing :) Simply follow the steps in this guide and if you have any questions along the way, simply email us and we'd be happy to chat



THE ULTIMATE STEP BY STEP GUIDE TO PRACTICING YOGA AT HOME - PART 1

'A journey of a thousand miles
starts with a single step.' (Lao
Tzu)

STEP 1 WHAT IS YOGA?

Like all good stories, let's start at the beginning. When I ask new students what yoga is, I hear a wide variety of answers, some are accurate and some are well....not so.

Yoga is a holistic approach to life that focuses on the whole person. The yoga we see most commonly in studios is Hatha yoga. More specifically, what we see most commonly is the physical expression of yoga called 'asanas', which is only a small portion of yoga. There are also elements of yoga that focus on our physical self, our values and character, our breath and even our state of being.

The word Yoga is a Sanskrit word which translates as "Union", the union between yourself and all that is around you.

Yoga is not is solely a stretching practice or a breathing practice or a chanting practice. These are steps on a much more expansive path.

The beautiful thing is you don't have to commit to practicing the whole path of yoga. You can try it at different stages and see if it is right for you. As you progress you may find you'd like to explore other areas or you may find you don't, and that's just fine.

Have a little read through this guide which will support you to explore a small step on the path of yoga.



Step 2....

Creating your yoga practice -
Habits & Time



3 Tips to make practicing yoga super easy

Before your yoga practice there is you. You are unique, your lifestyle, your commitments, your body, your experience, so before I start with the yoga specific tips I want to share with you a few techniques from our Health Coaching Program, the 'Human Blueprint', to provide you with practical ways of developing any practice. I'm going to share three techniques that will ensure you create long lasting foundations in which your practice will sit.



1. Start Small

The reason most people struggle to stick to a new habit, which is what you're trying to do with yoga, is because it's too complicated. By starting small you create a series of little wins. This has been proven to build confidence, increase consistency and improve results. You can add complexity over time. Small wins achieved consistently communicates positively to your subconscious and cultivates a confident, winning mindset.

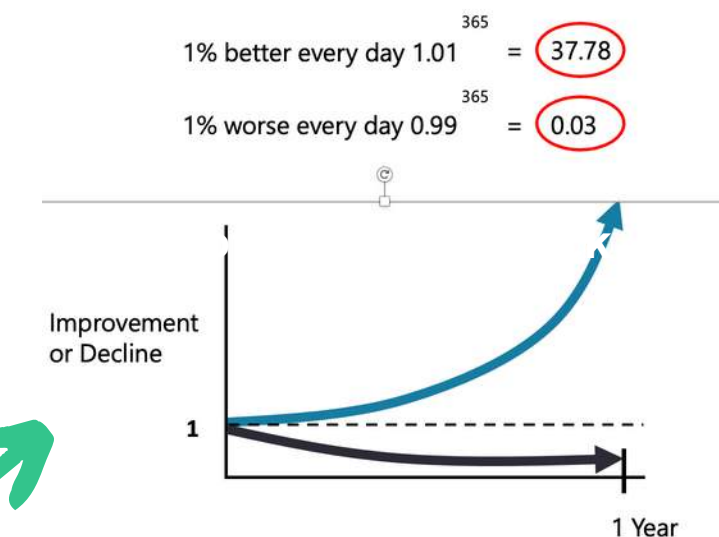


Create a plan you can do without fail and let the momentum build

2.

The Power of Compounding

You may feel tiny wins won't make a difference, this is wrong! If you're into finance you'll know the power of compound interest and this is also true for your health efforts. Small efforts consistently done over a decent amount of time = HUGE results. 1% better every day truly equals exponential growth. Check out the power of tiny gains here



1% better everyday = Exponential growth
Imagine this over 10 Years

LET'S GET PRACTICAL

3.

Give your practice a specific space & time.

Plan when you're going to practice and keep it consistent. As you'll discover in the next step, the more you practice in a particular space, the more momentum you build and the less effort it takes. This is why I encourage you to start small, keep it simple and let your practice develop.

Task - Reflect on your current capacities. When is best for you to fit in a 5-10 minute practice? Can you attach it to something you already do such as brushing your teeth or your lunch break?

Bonus - How to create momentum

If you can do the 5 minute practice for 4-5 days per week increase the time week after of one of the practices. If not make it simpler and try 2 days per week. You can then begin to add longer practices if you wish. This takes away pressure, it keeps things simple and it keeps your efforts compounding. Consistency is key! After a year you'll have a solid regular practice that fits your lifestyle perfectly. Use the simple tracker below to keep tabs on your progress



TRY THIS 5 MINUTE PRACTICE
TO GET YOU STARTED

*CLICK HERE TO PRACTICE
WITH ME*



THE #1 WAY TO CREATE AN EFFORTLESS YOGA PRACTICE... PREPARE YOUR ENVIRONMENT

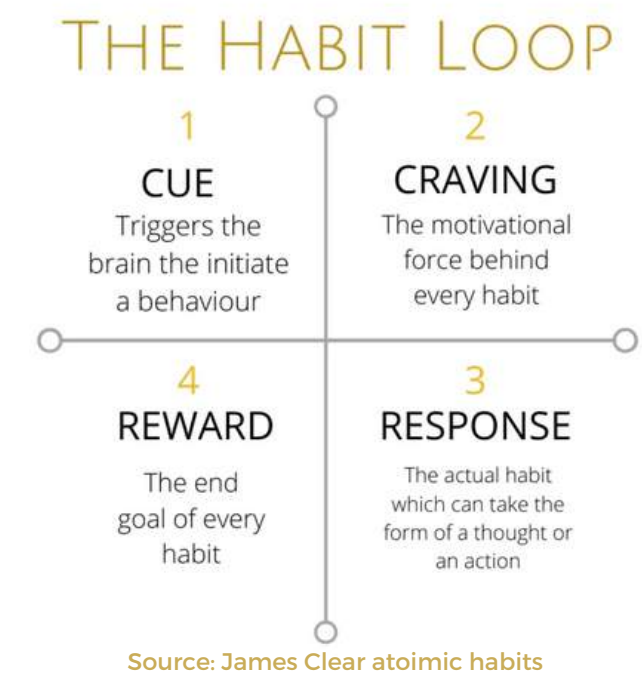
Step 3 Your Environment

This has been fundamental in establishing my practice and this is also true for so many of our students. Let's explore why this simple act of preparing our environment is so powerful in establishing a regular practice.

It all comes down to, how we as humans, learn, create habits and establish new behaviours. Your environment is often the cue to start a behaviour or trigger a habit, whether that is conscious or sub-conscious. Therefore, preparing our environment so that it is conducive to practicing yoga is key in establishing a regular yoga practice. Check out the diagram below. On the next page we're going to get practical but before we do let's dive a little deeper.

As you progress and find you're practicing more regularly you'll find that your environment not only triggers the habit to practice physically but also induces the state of being that you cultivate through practicing yoga.

The relaxed feeling in the body, the peace of mind, the sense of grounded awareness; the more you practice the more this association strengthens. This is why I start my classes in the same way 99% of the time, why I play the same music and why I encourage you to create your own ritual / process to start your practice, and this all starts with your environment.



Step 3 Task

Where can you practice yoga?

Do you have space at home to roll out a mat? Write down a few potential locations in the boxes. Now find ways to enhance that space to become more inviting to practice in. Mine space is very simple, clean, free of clutter with gentle lighting, and also a plant or two.

Your practice space doesn't have to be fancy!

Going Deeper - Your environment triggers your habits. what is your environment telling you?

In our health coaching courses there's a strong focus on creating a healthy environment as this massively amplifies your efforts and success by triggering healthier behaviours. For example, it's far easier to eat healthier if there's fruit on the side rather than chocolate in the cupboard. It's the same with your yoga practice. If your mat is always rolled out, ready to practice you're far more likely to practice than if you have to move the sofa and declutter every time. With this in mind what is the rest of your environment triggering? Your work space, your car? Level up your practice by preparing these environments too. Having something that reminds you to take 2 minutes to breathe throughout the day is an amazing way of creating a habit that exponentially increases in benefit the more you do it. This can be anything that resonates with you. I keep a yoga book by the side of my bed that reminds me to breathe, unwind and be completely in that moment regardless of what's happened that day.

TODAY'S PRACTICE LINK HERE
BELOW

*LET'S GET
PRACTICAL*



Shall we practice?

Here's a simple practice you can slot into any time of the day. It that will help open the body and release tension. Take your time and explore each posture and see what feels good in your body.

Practice each stretch for 60-120 seconds with slow controlled breathing.

There should be no pain or discomfort, if there is then STOP! Only do what is right for your body.



Melting Heart - With your hips over your knees slowly walk your finger tips forward. Feel a stretch into the chest & shoulders. You can also do this with your elbows on the floor.



Forward Fold - Start by standing upright, then start to lean forwards, hinging at the hips. You can bring your hands to your legs and guide them down your legs for support. When you feel a stretch in the back of your legs, rest your hands on the front of your legs or the floor.



Seated Twist - Sit down with your legs out straight in front. Bring the left foot up in line with the knee line and place the sole of your foot on the floor. You can cross the lifted leg over the straight leg if you wish. Keeping the spine straight, place your left hand behind and twist round to the left. The right hand can hold the knee or hook the thumb under the knee.



Happy Baby - Lying flat on the floor. Lift the knees to the chest. keep the spine on the mat and allow the knees to open slightly. Thread your hands to the feet and take hold of the soles of the feet drawing the knees towards the ground. Great to open the hips.



Childs Pose - From a kneeling position, bring the buttocks back towards the heels. allow the belly to fold over the thighs and reach the arms around to rest by the side of the feet. The forehead can rest comfortably on the mat, cushion or block.

Step 4....

Do I need to get all the kit to get going with yoga? Nope!



The simplest most effective way to develop your physical practice

Do I need to get all the kit to get going wiht yoga? Nope! The key is to just get practicing with what you have. Can equipment support and elevate our practice? Most definitely!

Let's look at why we use equipment in yoga because I have found it's often not why people initially think. I've noticed a common train of thought that equipment, such as block and belts are used if we can't 'do' a pose- almost a sign of failure. This is false. You are always able to do the posture- the version that is right for you. I would argue to ignore that to struggle into a posture that's not correct for you is ignoring what your body is telling you and then the focus is on how you look rather than honouring what you need.

Yoga equipment and props can have a significant impact on how we practice. They become an extension of our body to aid us to learn and explore our practice. This enables our body to develop at its own pace and build correct alignment and movement patterns rather than shaky foundations. It also provides a way of expressing our unique body shape and structure. We are all unique and our proportions are uniquely ours and for some postures we need the support of a belt, or a block.

Let's look at which props can be used in yoga, why we use it and what to use if you don't have any.



Yoga mat - If you're going to get one piece of equipment make it this. It provides you with grip when practicing and therefore helps to keep you stable and safe. If you don't have a mat find a surface that isn't slippy. If you're practicing without a mat try and create reference points on your floor to help your alignment and posture.

Clothing. There's no getting around it, yoga leggings are trendy, but they do also serve a purpose. They allow you move freely and reduce friction as you move. Any clothing that allows you to move freely, doesn't restrict your range of movement and feels comfortable will be just fine. Modern yoga leggings do this but they aren't necessary .



Yoga Blocks. My favourite piece of equipment. They become an extension of your limbs to help you get into deeper ranges and they also provide support when developing strength and balance. Any sturdy block shaped object can work as an alternative, such as a hardback book.

Yoga belt. Another great way opf extending your limbs. It allows you to focus on developing correct alignment and movement patterns without forcing your body into ranges it's not yet developed. A yoga belt allows better grip than normal belts, however you can use an everyday belt such as a dressing gown belt/tie if you don't have a yoga belt.



Bolsters. These are great to aid relaxation and your body to rest in a comfortable position. As the name suggests they bolster your posture and can used in many ways. Cushions and pillows also make for good substitutions.



Step 5 How to practice online

"Times have changed! The digital age brings us closer to amazing people we'd never have met otherwise, and reshapes how we learn and teach. Let's make sure your journey is safe, fun, and keeps you excited. Ready to dive in?"

1. "Go at your own pace. In your practice, you'll shift and explore different poses, sometimes making it hard to see the screen. No worries—feel free to pause the video or adjust your pose. In our membership, we break down postures to practice at your leisure, so you can nail them in class without screen-peeping.
1. "Be your own guide. In the studio, I adjust my teaching based on students' positions, abilities, and moods. Online, this feedback is limited. It's up to you to gauge your comfort with poses, your limits, and make decisions based on your ability. But don't worry—I'll provide clear cues and reminders for self-reflection. Stay safe, explore, ask questions—we're here to address concerns and suggest adjustments.
1. "Create your yoga space. A studio is made for practice, and we encourage you to set up a similar environment. Let your family know, turn off your phone, and limit distractions. We understand everyone's situation is unique, and it might not always be quiet, but strive to stay focused on your wellbeing."

A man with dark hair and a beard is sitting in a meditative pose in a lush green forest. He has his eyes closed and his hands resting on his knees in a mudra. The background is filled with sunlight filtering through the trees, creating a bokeh effect. A green rectangular box with a white border is centered over the image, containing text.

Bonus

Here is a 5 minute meditation to
help you relax

[https://www.youtube.com/watch
?v=Xsh3UmDD3NY](https://www.youtube.com/watch?v=Xsh3UmDD3NY)



Step 6

This one is
a game
changer

Community, support and
togetherness. The key to long
term success

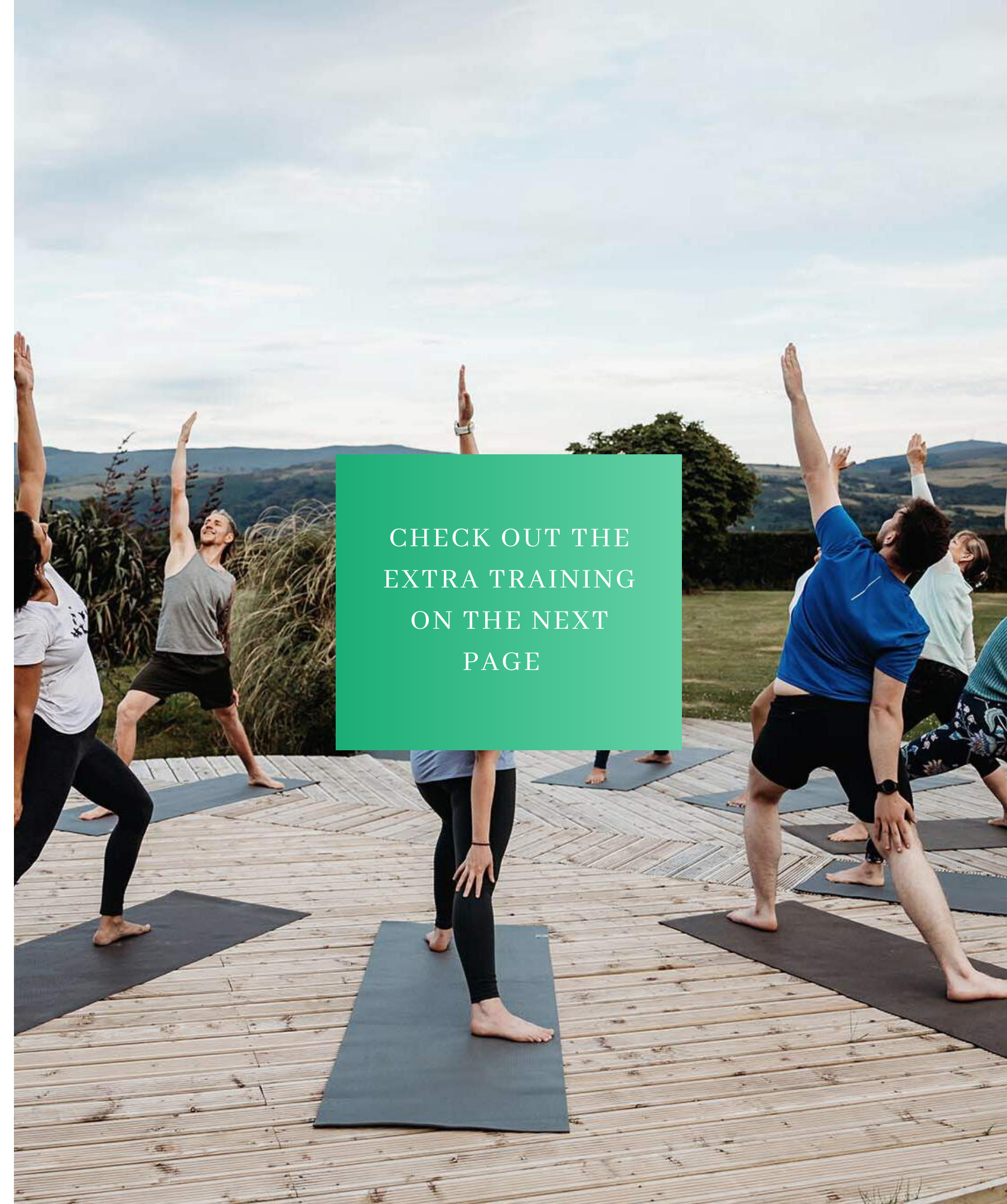
The power of community of your success

"Yoga is more than just a class—it's a way to find purpose, share life experiences, and feel part of something bigger. After teaching thousands of students, both in our studio and online, I've observed a powerful sense of community. People support each other through challenges and celebrate victories, boosting motivation and encouraging longer-lasting habits.

That's why we've centered our health & Yoga memberships around community—the results are profound. Our structure offers layers of support, from peers sharing the same journey, to experienced members offering wisdom, and teachers providing personalized guidance.

Think of it like a thriving woodland. Recent studies show that trees are interconnected, sharing resources and protecting each other for the collective good. Humans are no different—we're social creatures. A supportive community is vital for long-term health success, and that's why it's at the heart of our practice.

Join us and surround yourself with a passionate, health-conscious community. It will truly elevate all aspects of your being."



"IF YOU'RE EAGER TO JOIN A COMMUNITY DESIGNED FOR INDIVIDUALS PASSIONATE ABOUT YOGA AND HEALTHY LIVING, WE INVITE YOU TO BE PART OF THE 'HUMAN YOGA COLLECTIVE'."

"Join us every Monday for live Zoom practice as part of our lively community. Discover a library of classes for all skill levels, from quick 5-minute sessions to intensive 90-minute workouts, and engage in live monthly workshops about yoga and health. Our beginner's course promises to have you practice with confidence within four weeks. With Amy and me by your side, think of this as your very own online yoga studio, taking you from yoga novice to seasoned yogi.

We believe in trying before buying. It's like viewing a house before making an offer. That's why we're giving you a 7-day 'Take a Look and See' Pass, absolutely free. Come and experience the HYC firsthand to see if it feels like home.

For more details, visit: <https://human-movement.co.uk/yoga-wellness-evergreen/>

Remember, the most crucial step is to keep practicing, whether it's with our online community, a local teacher, or even better, a combination of both!"





Welcome to step 7

Putting it all together


"You've made tremendous strides, evolving your yoga practice into a holistic approach that enhances your wellbeing, deepens your connection to yourself, your loved ones, and the world. Remember, this is just the beginning of a transformative journey; change and growth are part of the process. The path is laid out, but only you can take the steps. I hope this guide inspires you to dive into your practice, and I personally invite you to join us in the 'Human Yoga Collective'. It would be a joy to get to know you and share our practice. Now, let's continue this journey as we assemble your step-by-step guide to practicing yoga at home."

Follow these simple steps to get your practice rocking right away

1. First, dive into understanding what yoga truly is and, importantly, what it isn't. Nurture your curiosity and unearth the ways yoga can enrich your life.
2. Start small, letting your actions gradually build momentum.
3. Carve out both a physical and mental space specifically for your yoga practice. Eliminate distractions and design a sanctuary that mirrors your dedication to wellbeing.
4. Consider what yoga equipment you might need. You can choose to buy these items or opt for the suggested alternatives we've mentioned.
5. Get comfortable with online practice—it becomes more intuitive the more you do it. Our 4-week 'Beginner to Yogi' course, linked below, is a great starting point.
6. Find your tribe in people who share your passion for yoga and healthy living—like the vibrant community at the HYC.
7. Develop a consistent practice plan, using the bonus practice from step 2 as your guide.
8. Stay open and explore the diverse ways you can join us in practice, regardless of your skill level. Hear directly from our students below and see how they've transformed their yoga journeys."



WHAT WILL
YOU
DISCOVER?



I'd like to share a little story with you of why I started yoga.

FINDING BALANCE AMIDST CAREER, FAMILY, FITNESS & LIFE: A JOURNEY FROM STRESS TO SERENITY.

I've been there—overwhelmed, juggling career, family, fitness, and life. Let's rewind to when I was immersed in London's bustle, pouring endless hours into work that, deep down, held no meaning for me.

I had climbed the horticultural career ladder to management. Ironically, this ascent pulled me away from what truly mattered—my connection to nature—as my days became consumed by office tasks and meetings. I was trading my passion for professional growth, even though I didn't realise it at first.

On the surface, everything seemed great—a cozy home, a respectable job, a life heading in the 'right direction'. Yet, I was stressed, overwhelmed, and uninspired, with no time to truly appreciate life. Time was slipping away, and I wasn't enjoying the ride.

I was on the verge of burnout when I rediscovered yoga. I began with small, gentle morning movements before work, mirroring the routine in the evenings. This modest practice transformed my life.

The morning sessions grounded me, providing clarity to face the day, while the evening ones helped me process my experiences, creating a buffer between myself and my circumstances. Yoga reconnected me to myself, reminding me of what truly mattered. It fostered presence, acceptance, and clarity, ultimately inspiring change.

So, I made a leap. I left my job and the city, finding sanctuary in the Isle of Man, surrounded by nature. I've found purpose in sharing my journey through yoga and holistic health.

I'm not suggesting everyone should quit their jobs and escape to nature. The magic of yoga lies in its ability to cultivate presence in any circumstance, fostering clarity of thought while enhancing flexibility."

Here are a few reflections from my students

" We started doing the beginners yoga with Alec. I'd always wanted to do yoga but I felt other classes were full of people who'd been to yoga before and knew what to do. This wasn't the case at Human. Alec made us feel very calm and relaxed. I'd definitely recommend Alec especially those who have felt a bit shy about joining a new class, everyone has been lovely, so give it a go- you won't regret it" - Tracy

'I started classes with Alec approx 6 weeks ago. I had a niggling pain which I felt was onset sciatica, after 2 weeks working with Alec it was gone.

I was under the illusion that you had to be flexible to join class, this couldn't have been further from the truth. I so look forward to my classes now, and only wish I had done this years ago.

The early morning aches and pains are now a thing of the past.

These classes have helped me both physically and mentally. For anyone thinking of starting yoga, I highly recommend Human. The tutors and environment are so calming, friendly and professional.'
- Michelle

I am totally new to yoga and have just completed the foundation course with Alec at Human. I loved it 😊

The classes are small so teaching is pretty much one on one and you are guided with patience and know the technique you are doing is correct.

I am loving my yoga journey and cant thank Alec enough.

Namaste - Aishling





Top 10 tips below

These tips have all come from conversations with our students who started with us as complete beginners. Insightful wisdom to help you step confidently on the mat.



*"You don't need
anything to get
started"*

*"You don't have to buy expensive
clothes and equipment... ordinary
leggings and t-shirts will do; if you
don't have a block, a big book will
do; pillows will work if you don't
have a bolster... AND once you've
learned the basics, you can do it
anywhere!"*

-Kathy Craig

We can often get caught up in the idea that we need all the fancy kit and clothing to get started with yoga, and this really isn't the case. Kathy put it perfectly. You can get going right away and the most important thing is to step on the mat (even if that's an imaginary one ;)) and start moving. If you start with just 5 minutes of yoga, this will help you to build confidence and experience some of the benefits of yoga- yes even after only 5 minutes (!) you are likely to feel calmer in your body and mind.

Kathy has been with us from the start and her resilience and willingness to explore yoga and herself is a continued source of inspiration for the community and us. Thank you Kathy for being open and sharing with us.





You don't need to be
bendy. It's for
everyone not just for
those who want to
stick their leg
behind their head



Emma Jones

We hear this all the time as yoga teachers.....

We love Em's sense of humour with this point because it highlights the most common objection we hear as yoga teachers. 'I need to be flexible to practice yoga'.....come on now, let's think about this....do you get your hair cut before going to the barbers!!? ...most probably not! And the same goes for flexibility+yoga. Becoming flexible can be a lovely product of practicing yoga but you most certainly do not need to be flexible to start or continue practicing yoga. If you can breathe and put some intention into your movement, then you're doing yoga! We start with the breath and all the poses come with time. Keep it simple and don't overthink it.

Take your time, focus on your practice & most importantly, enjoy!

Yoga is such a personal experience and although the poses are similar, you are unique and therefore your experience within each pose is also unique. It's all about embracing this uniqueness and exploring your own experience. Regardless of your ability, we're all experiencing something different and by really embracing this tip from Maree it can really help you to overcome any comparison and simply enjoy your own practice. We really love Maree's point about taking your time too, it gives you permission to slow down and enjoy moving, breathing and stretching. We often get too focused on improving and looking to the future. By taking your time you'll be more present in your practice and slowly this will echo into your daily life.

'Take your time and don't watch other people, just focus on yourself, your mat and your teacher... and enjoy!'

Maree Murphey



"The beauty of yoga is, all you need is yourself. No special equipment or clothes needed. However (for me) it was also having Teachers (Al and Amy) who can work with all abilities and tune into the human they are working with. A safe and secure environment allows us to be comfortable and learn new skills."



Tracy's tip highlights a really important point

We believe that a good yoga teacher should be able to meet you where you're at on your yoga journey and teach at a level that: 1 - Is right for you and your ability 2- Challenges you incrementally so that you can see and feel progress 3 - Understands your individual needs.

If you go to a class as a beginner, and you're asked to do complicated postures above your ability, this means that level isn't right for you, however....

....that doesn't mean that yoga isn't right for you. Find a teacher who will work with you step by step, find a community / a group of people who can support you.

You'll know when you've found a class/teacher that suits you- as Tracy rightly says, you'll feel safe, secure & comfortable to learn and explore.

*"You don't have to practice
for an hour every time,
short sessions can be just
as beneficial "*

*"Move with your breath. Don't compare
yourself to others - it's about how it feels
for you. It's for the mind as well as the
body and a short, gentle yoga session can
be just as beneficial as a longer one. I
sometimes find a quick 5-10 minutes in the
morning puts me in a good headspace for
rest of the day " 😊*

-Katy Bond

What we really like about Katy's advice, is that it makes trying yoga simple. It takes away the pressure of trying to cram in 60 minutes classes every time. Wouldn't it be lovely if we had an hour to practice every evening? However for many of us this simply isn't the case. But that doesn't mean you have to miss out on the amazing benefits yoga has to offer, far from it! Like Katy mentions, a quick 5-10 minute practice in the morning puts her in a good headspace for the day. You've heard us say it and we'll say it again... Yoga is for everyone.....and that includes those of us with a busy schedule. Yoga won't create space within your to do list but it will create space inside you :)

lion



We had such an amazing response when we asked our students we couldn't squeeze all their answers inside this guide. To hear more stories please head over to the Human Yoga Collective on the link on the next page.

"We are all unique and at different abilities. It's important to practice at your own pace and a level that is right for you."

- Susan McNally

"Yoga is for all ages, genders and body types. Invest in your mind and body you'll not only feel great now but look after future you too."

-Pippa Edmunds

Get on your mat, even if it's only 5 minutes. You don't have practice for an hour everyday to feel the benefits.

- Cathy C

"Have fun with it. You're going to move in ways you may not have tried before and this may feel goofy and a little awkward. Having a sense of humour will help to deal with any uncomfortable feelings. And remember yoga teachers also have a sense of humour.....have you seen Turtle pose?!?" 🐢 - Linda D

"Listen to your body and don't try to be perfect. There's going to be poses you can't do, that's fine. It takes time to build foundations but it is so worth investing in yourself."

- Rosa N

Congratulations

You have taken a huge step in creating long lasting yoga practice! How good does that feel?

We hope by now you're feel more confident to give yoga a try.

Remember.....you don't need anything to get going and can start right away with just 5 - 10 minutes of yoga.

Start small and build confidence. You'll soon feel able to explore different styles and levels to see what is right for you.

Find a teacher you're comfortable with and who teaches at a level that feels right for you, whether this is online or in a studio.

Take your time and keep your focus on you. Don't rush and try your best not to compare to anyone else. We are all unique and embracing this is liberating!

Don't take yourself too seriously. Have fun and remain curious. It's ok to have a giggle during a yoga class! In fact, we encourage it!

Flash back to Pippa's Tip; you're making an amazing investment into the current and the future you. What could be more important than that?

Happy practicing

Alex & Amy
& The Human Community

"Will you do us a huge favour and help another human get into yoga by leaving us a small review? It'd mean so much and help us reach even more humans "

<https://www.facebook.com/HumanBalancedBeing/reviews>





Are You Ready to Start Your Yoga Journey? Let's Dive In Together.

If you're prepared to dive into a vibrant community, curated explicitly for individuals seeking connection, mindful practice, and a healthy lifestyle, we're thrilled to extend an invitation to the 'Human Yoga Collective'.

Participate in our live Zoom sessions every Monday.

Engage in enlightening monthly workshops centred around yoga and holistic health.

Thrive in our supportive and engaging community.

Explore our diverse library, filled with classes from 5 - 90 minutes, suitable for every skill level. Boost your confidence with our 4-week beginner's yoga course, tailored to empower your practice.

And, of course, Amy and I will always be there, providing you with personalized guidance and support.

Think of us as your personal online yoga studio, committed from the very beginning to blossoming into an experienced yogi. We believe that the true essence of an experience lies in trying it firsthand. It's like house hunting—you wouldn't commit without a tour! With that in mind, we're delighted to offer a complimentary 7-day 'Take a Look and See' Pass. Seize the opportunity to test drive the HYC and determine if it's the perfect match for you.

Ultimately, the most important thing is to continue practicing, whether that's with us in our online community, with a local teacher, or ideally, embracing a combination of both. Remember, we're here to support and welcome you as you embark on this transformative journey. Let's cultivate a healthier, more connected, and mindful life together."

Yes! I'm inspired Join the HYC Here

