



PRESENTS

# The 7 Step Yoga Kickstart

The ultimate guide to practicing yoga at home



# Welcome to the ultimate mini yoga Kickstart 🙌

The thought of starting yoga can be daunting!

- 🍃 "Am I flexible enough?"
- 🍃 "I'm not calm enough"
- 🍃 "I'm too busy"
- 🍃 "What if it's full of experienced yogis and I feel silly?"

"I often hear the same objections as a yoga teacher, and they almost kept me from my first class—a class that changed my life and inspired me to teach. I understand it can be a challenge to start. yoga so I've put together this guide to help you take your first confident step onto your yoga mat.

Hi, I'm Alec. I've taught 1000's of students to practice yoga and get healthy. In this Kickstart I'm going to show you too. “

*Let's practice some yoga...*





# Tips to get the most from this Kickstart

1.

## **Join the Kickstart Facebook Group**

This is where the kickstart is held and where you're going to get healthy and practice yoga.

<https://www.facebook.com/groups/211552825349186>

2.

## **Create time each day to watch the videos and complete the task.**

With your morning cuppa is a perfect way to start the day or when the kids are settled in bed ;)

3.

## **Make a commitment**

One small commitment to complete this guide = 1 huge step towards a healthier happier you.

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

Let's kick things off by diving straight in into your first class. Be sure to let me know how you get on in the comments.

**[Click here for class](#)**

# Step 1 - Preparing your environment for yoga.

1) Make sure you have enough space to reach your arms above you and to the side, and enough space to be able to lie flat.

2) Create a relaxed space with calm lighting, nice smells etc. These are very simple things but create a positive relationship with your practice.

3) Gather your equipment- blocks, belts, yoga mat, water. If you don't have these things I'll show you how to improvise later.

4) If you live with people or pets, let them know you're taking space to practice, especially the pets ;)





Let's Do Yoga :)  
Here is class 2 just for you.

[Click here for class](#)

# Step 2 - Your Point A

Understanding your starting point enables you to create a personal approach to getting healthy and practicing yoga. Without this you'll forever be stop-starting and not making the progress you want.

*Let's get clear.....*

[Click here to complete online](#)

Why have you downloaded the 7 step Yoga Kickstart ?

What would you like to achieve in the next 12 weeks?

what would need to change in order to achieve these goals?

Why now?

# Step 3 - Your Point B

Have you ever struggled to stay committed to your health efforts before? That's about to change with this short but powerful exercise. Finding your why's.

*Let's get clear.....*

[Click here to complete online](#)

Why have you signed up for the 7 step Yoga Kickstart ?

Why?

Why?

Why?

Why?





**Well done!**

I know it's not always easy to answer these questions but I promise it will have a huge impact on your health.

*Ready for step 4?  
Let's move on.....*

A top-down photograph of a person's feet on a blue textured yoga mat. The mat is on a wooden floor. To the right, a green plant with large leaves is visible in a white pot. The text 'Fancy another class?' is overlaid in white on the mat.

Fancy  
another  
class?

[Click here for  
your next  
class](#)

# Step 4 - Finding your 5

Before your yoga practice, diet & exercise plan there is a unique human and in order for your practice to stick you need to create a practice/ routine that fits your unique life. Here's how...

*How make your yoga practice last a lifetime....*

## Start Small

The reason most people struggle to stick to a new habit, is because it's too complicated. Small efforts compound, complicated plans fail. Small wins achieved consistently communicates positively to your subconscious and cultivates a confident, winning mindset.

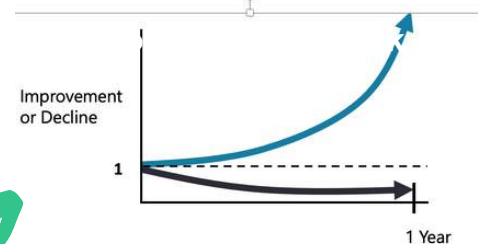


**Create a plan you can do without fail and let the momentum build**

## The Power of Compounding

You may feel tiny wins won't make a difference, this is wrong! 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

$$1\% \text{ better every day } 1.01^{365} = 37.78$$
$$1\% \text{ worse every day } 0.99^{365} = 0.03$$



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

# Step 5 - Let's get Physical

Yoga will greatly improve your physical health. But, contrary to belief, injuries can happen during yoga. This is most likely to happen when someone isn't aware of their current body and they push beyond their limits. The first step in practicing safely is to know where you're at physically. Let's dive in.....

What did you experience physically in class? Ease? Tightness? Tingling? Be as descriptive as possible.

Did you feel strong when practicing? Did you shake when holding poses?

How flexible did you feel? Were you able to balance easily?

*Try this practice and answer the questions above*

[Click here for Yoga :\)](#)



# Do I need to get all the kit to get going with yoga? Nope! The key is to just get practicing with what you have.



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 slippery. If you're practicing without a mat try and create reference points on your floor to help your alignment and posture.

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 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 belts 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 6 - The Power of Community



There's nothing more powerful than a group of people united by the same goal. We're here to cheer for you when you're winning! We're here to pick you up if you stumble. You're part of something bigger when you find your tribe. It's hard not to be motivated when you're surrounded by humans with a passion for life and healthy living. Come and practice with me and the wonderful Human community. This live yoga class is on me, and it's a thank you for joining us and being a part of the 7 step Yoga Kickstart.

[Join our Live Yoga Class](#)  
[HERE](#)

# What would my students say if they were starting again?



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

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

Maree Murphey



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



# Step 7 - Your Inner Fire

There's a simple yet powerful way of cultivating your inner fire. Ask yourself, what will happen if you don't make change now? What will life look like 20 years from now? Explore the answer on all levels. Physical, emotional, mental, lifestyle etc.



The hard truth is, if nothing changes, nothing changes. If you're not happy with how things are now and you don't choose to do something about it, you're choosing to stay unhappy. No decision is still a decision. The freeing thing is you ALWAYS have a choice and this guide is giving you the choice. If you choose to invest in your health and yoga I've got another practice for you below 📌

[Click here for our final class](#)



# The final Step...

## Make your practice last a lifetime....

You should be incredibly proud of yourself for making it this far! Now you stand at a cross roads. Do you let the momentum you've created fizzle away? Or do you build on it? Do you keep practicing yoga and living healthy?

I've created an online health & Yoga studio so you can continue your practice. It's called the Human Yoga Collective and it's a unique blend of classes, coaching, courses, community.

I have laid out everything you need to practice yoga and live healthy. The question is are you ready to take that first step onto your mat and towards the healthiest version of you? Find out more on the link below.

*Join the*  
*Human Yoga Collective Here*



# What our members have to say about the Human Yoga Collective

"1 week since coaching call. I have not had any sugar in my morning coffee and have drastically reduced my sugar intake (no more late night sugary snacks, only almonds or carrots) ✓ I am more flexible ✓ People have started noticing a difference in my appearance ✓ I have so much more energy and motivation ✓"

**MONIKA M**

Hi Alec, I have had a few plus breakthroughs though, another 21lb weight loss, gone down a dress size and the biggest thing of all is I am sleeping better 🧘🙏

**LISA T**

"Morning Alec, I have just done the hip opening practice, again really targeted my problem area, thank you 🙏😊 Update on this morning, no pain, it's a miracle 😊❤️ thank you very much for sharing your knowledge & the practices, I have been in pain for so long I've forgotten what it feels like not to be 😊"

**TRACEY S**

"It's been so so lovely to share this journey. I've tried yoga once or twice on YouTube and enjoyed it but I feel like having Alec as a guide to help to overcome preconceived ideas I had and to provide consistency and encouragement has made such a huge difference."

**DAISY R**

*Join the  
Human Yoga Collective Here*



# HUMAN

BALANCED BEING

