

A person wearing dark blue leggings is standing on a thick, light-colored straw mat. Their hands are resting on a rolled-up yoga mat with a pattern of orange, black, and blue floral and geometric designs. The person's left hand is adorned with several rings and a bracelet. The background is a plain, light-colored wall.

YOGA FROM HOME

Frequently Asked Questions



Will I be able to do the program if I've never done yoga before?

Yes, you will. This course is designed for you! You will be introduced to breathing and moving for you in your yoga practice. The yoga poses and strengthening exercises are designed for the beginner yogi and will make you stronger by gradually loading the intensity week by week.



Do I have to do all the sessions?

A method only works when you do it, so yes, the more you do and the more you immerse yourself in the program, the better your practice will get. You're welcome to structure the 5 videos into your week on days that suit you, you can even flow through the videos on the same day. As long as you properly do the exercises and maybe even repeat the exercises to build as you go. We suggest that you start your video at same time of the day and the earlier you do it, the better.



How long should I do the exercises for?

You'll be doing the exercises with me and we'll go at the same pace for the same duration. If you do the exercises post videos in your own time, try to reach that 'comfortable edge' - pushing yourself enough to work, but stopping the poses when you fatigue. Repetition is key, the more you do the exercises, with adequate breaks in between, the more you will move forward. Aim for 3 sets of 5 repetitions in a session of your own.



Can I injure myself?

There is always a chance of getting injured whenever you use and move your body. However, if you start listening to your body and never push through pain you will develop the ability to discern between pushing yourself for progress and when to hold back. It is normal to feel sticky or icky in poses and angles of limbs that you have never done before, when these come up, ask yourself, am I feeling discomfort that's causing me pain? Or am I feeling discomfort that's uncomfortable because I'm not used to it? Injury comes from doing too much, too soon, too fast, and we've developed this program to avoid just that, you'll gradually be adding more load and intensity.

What happens if I hurt myself or feel pain?

If you get hurt, take a few steps back, break a little while, let your body do what it does best while resting; repair. If the pain continues, head over to a Biokineticist or Physiotherapist. I've worked closely with one for the past three year, it has done wonders for my strength, knowledge, practice and shoulder pain.

Note - it is common to feel sore / stiff when moving more and building strength, it's good! It shows that you have been working! If you are feeling pain in joints such as wrists or shoulders, *ADAPT* the poses to make them work for you, by making fists rather than using your flat palms for example. This is your practice, make the poses work for your body.



Can I do the Program if I'm pregnant?

This program is not a prenatal yoga program and I'd say consult your doctor and show them the exercises. Go for the program if they give you the go ahead.





If you have an specific questions,
please email me

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Enjoy the Journey!



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