

A 4-WEEK YOGA PLAN FOR BEGINNERS

4 weeks · 12 sessions · 15 to 30 minutes · tick each box when done

WEEK 1: FLOOR BASICS

Slow and close to the floor: Cat-cow, Child's pose and a gentle Downward dog, ending each session lying still.

☐ Session 1 15 min Floor basics	Easy Pose · Cat-Cow · Table Top Pose · Child's Pose · Supine Twist · Corpse Pose	Move slowly and breathe through the nose. Rest in Child's pose whenever you like.
☐ Session 2 15 min A gentle Downward dog	Cat-Cow · Table Top Pose · Puppy Pose · Downward-Facing Dog · Child's Pose · Bridge Pose · Corpse Pose	Bend the knees generously in Downward dog and let the heels float.
☐ Session 3 15 min Standing tall	Mountain Pose · Standing Forward Bend · Low Lunge · Child's Pose · Reclined Butterfly · Corpse Pose	Put a folded towel under the back knee in Low lunge.

WEEK 2: STANDING POSES

Come up to standing. Warrior shapes, Triangle and a first look at a printable sequence.

☐ Session 1 20 min Warrior shapes	Mountain Pose · Warrior Poses · Triangle Pose · Standing Forward Bend · Bridge Pose · Corpse Pose	Take a shorter stance than you think. Keep the front knee over the ankle.
☐ Session 2 20 min Hips and twists	Cat-Cow · Low Lunge · Butterfly Pose · Seated Twist · Supine Twist · Corpse Pose	Sit on a cushion in Butterfly so the back stays long.
☐ Session 3 15 min Your first sequence	Morning yoga sequence · Corpse Pose	Follow the morning sequence card from top to bottom, then rest for two minutes.

WEEK 3: SUN SALUTATIONS AND BALANCE

Link poses with the breath in a slow Sun salutation, try a first balance, then follow a full sequence.

☐ Session 1 20 min Sun salutation, knees down	Cat-Cow · Sun Salutation · Cobra Pose · Downward-Facing Dog · Child's Pose · Corpse Pose	Lower the knees to the floor before Cobra. Three slow rounds is plenty.
☐ Session 2 20 min First balances	Mountain Pose · Tree Pose · Chair Pose · Warrior Poses · Sphinx Pose · Corpse Pose	Practise Tree pose near a wall and keep one hand on it if you wobble.
☐ Session 3 25 min A full 20-minute sequence	Beginner yoga sequence	Or take one beginner class at a studio this week instead.

WEEK 4: PUTTING IT TOGETHER

Add gentle strength and longer holds, then finish the month with one full practice of your own.

☐ Session 1 20 min Gentle strength	Table Top Pose · Plank Pose · Cobra Pose · Locust Pose · Bridge Pose · Child's Pose · Corpse Pose	Hold Plank with the knees down for a few breaths, then rest.
☐ Session 2 25 min Hips and hamstrings	Low Lunge · Pyramid Pose · Seated Forward Bend · Butterfly Pose · Happy Baby Pose · Supine Twist · Corpse Pose	Sit on a folded blanket in forward bends and keep the knees soft.
☐ Session 3 30 min Your full practice	Sun Salutation · Beginner yoga sequence	Three rounds of Sun salutation, then the beginner sequence. Notice what feels easier than in week 1.