



# Avasthanam

Awaken the Divine Within.

## 25 Best Yoga Tips

1. Start slow and be patient with your body.
2. Practice on an empty stomach.
3. Wear comfortable, stretchable clothing.
4. Focus on correct breathing.
5. Learn basic asanas first.
6. Do warm-up exercises before yoga.
7. Maintain consistency over intensity.
8. Listen to your body and avoid pain.
9. Use a yoga mat for safety.
10. Stay hydrated but avoid drinking during practice.
11. Practice under guidance initially.
12. Avoid comparing yourself with others.
13. Keep your spine straight during poses.
14. Practice mindfulness along with asanas.
15. End each session with relaxation (Shavasana).
16. Avoid forcing flexibility.
17. Maintain proper posture.
18. Practice regularly at the same time.
19. Combine yoga with a healthy lifestyle.
20. Stay calm and focused during practice.
21. Respect your physical limits.
22. Practice in a clean, quiet place.
23. Include meditation in your routine.
24. Be disciplined and dedicated.
25. Enjoy the journey of yoga.