

Quick Reference Guide

The 5 Best Beginner Yoga Poses for Women Over 40



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Donna Bainton

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INTRODUCTION

If you're considering taking up yoga, you're no doubt confused about which poses to begin with, as there are well over 100 different ones to choose from.

We've made it simple for you!

These 5 beginner poses will give you a good feel for the benefits of yoga, and for which poses are right for you.

I've found yoga to be especially helpful for the "little surprises" Mother Nature has thrown at me during my peri- and menopausal years ... and I'll take all the help I can get!

I hope that you'll find this complimentary sample of our yoga courses helpful too!

Please feel free to share this free micro-course with other proactive women!

~ Donna

Frequently Asked Questions:

Q. What if I start practicing yoga, go to class and am doing the poses entirely wrong?

There is no right or wrong way to practice yoga. All you need to do is be present in the moment, listen to your body and practice. There are those instructors who believe that everything has to be in alignment, everything straight, etc. If that is not your style and you want a less rigid environment, find another studio or instructor.

Another solution is to take an online course. You'll get all the info you need, you can learn at your own pace, and you'll have the flexibility to do it "your way".

Q. Is all yoga spiritual or can I just do the poses?

It is a myth that yoga is a "religion or a cult." You don't have to worry about becoming a believer in something other than the faith you already practice. Some yoga is more spiritual in nature but that doesn't mean you have to believe to practice that system. Don't let this intimidate you from trying yoga. If your particular class or studio is too spiritual for your beliefs, again, move on to the next studio or instructor.

Q. What can I expect to learn from yoga?

The great thing about yoga is that there are numerous styles and levels.

Some people practice yoga because it is a temporary escape and can be a few relaxing moments in an otherwise hectic life.

Others like yoga for the strengthening and how it makes their body feel invigorated.

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Personal growth, physical difficulties or whatever your motivation, yoga offers benefits for everyone. Yoga will affect all areas of your life including family life, relationships, work, recreation, and even your eating habits.

Q. I have never worked out or exercised. Do I need to be flexible to practice yoga?

You can be an extreme novice and still participate in yoga. You can start slowly with props to do the poses correctly so as not to injure your muscles, tendons or ligaments. As you become more limber, you will find it easier and easier to practice.

Q. Once I start practicing yoga, what is the best schedule for me?

Practicing yoga is entirely up to you so you can do as little or as much as you like. Some people practice once or twice a week while others practice five times a week.

If you work all day, try fitting in at least 10 minutes a day by doing some chair yoga moves. This will help with back pain. Outside of work, a one-hour a week practice is the typical amount of time for individuals.

Practicing yoga is a personal choice so it is entirely up to you as to how much or how little you want to participate. If you master the beginner moves, move up to the intermediate level and then on to the more advanced level.

The more you practice yoga the more you will want to do. The way that yoga makes you feel overall will be obvious to you after a few days of daily practice. You'll quickly discover all the benefits yoga has to offer.

Go at a pace that works for you. Let your yoga practice fit into your lifestyle comfortably. Don't force it and cause yourself more stress!

If you can only do 10 minutes a day, that's ok. Maybe you can fit a little longer session, or more than one 10-minute session on the weekend. Do what works for you.

Now let's get you started ...

Beginner Yoga Poses

There are many forms of yoga, each with its own benefits. Each type of yoga may also have poses that you have never heard of before. That's ok.

Take in whatever your local class or online course has to offer.

The poses in this introductory video series are presented to give you an idea of five of the most beneficial poses for women over 40.

As a member of Begin Within Academy's "**Members Only Club**" you have unlimited lifetime access to these video lessons.

The 5 Best Beginner Yoga Poses for Women Over 40 – Quick Reference Guide

Watch them as often as you want! You can even download them to your computer or mobile device.

I suggest you start here and work these 5 poses into your daily routine. When you feel comfortable with these poses, add more to your yoga practice.

At “Begin Within Academy” we offer a variety of online yoga courses and even a 21-day yoga challenge. Some of our yoga courses are specifically for pain relief, some are for stress relief, and others are more general. All are video courses taught by professional yoga instructors.

Each of our online courses has a “preview” video, so you can always try a sample before you enroll!

Enjoy this complimentary sample of our yoga courses!

Major Benefits for Women Over 40

#1 - Downward Dog Pose

Benefits:

- ✓ Strengthens arms
- ✓ Builds bone density
- ✓ Improves hip flexibility
- ✓ Helpful when you're feeling bloated or constipated
- ✓ Encourages blood flow
- ✓ Improves posture and relieves “text neck”
- ✓ Opens and drains sinuses

#2 - Child's Pose

- ✓ Releases tension in the back, shoulders and chest
- ✓ Helps alleviate stress and anxiety
- ✓ Lengthens and stretches the spine
- ✓ Calms the mind and body
- ✓ Flexes the body's internal organs and keeps them supple
- ✓ Normalizes circulation throughout the body
- ✓ Gently stretches the hips, thighs and ankles

#3 - Mountain Pose

- ✓ Relieves sciatica
- ✓ Firms abdomen and buttocks
- ✓ Strengthens thighs, knees, and ankles
- ✓ Improves posture
- ✓ Reduces flat feet

Bonus Pose: Mountain with Raised Arms Pose

- ✓ Encourages definition, openness and flexibility of shoulders and armpits
- ✓ Sculpts and flattens the belly
- ✓ Enhances digestive processes
- ✓ Boosts slow menopausal metabolism
- ✓ Reduces stress, anxiety and tension

#4 - Tree Pose

- ✓ Strengthens the spine
- ✓ Improves balance and poise
- ✓ Helps in neuro-muscular co-ordination
- ✓ Tones the leg muscles
- ✓ Gives relief from sciatica and reduces flat feet

#5 - Hero Pose (sometimes called Rock Pose)

- ✓ Helps relieve the symptoms of menopause
- ✓ Improves digestion and relieves gas
- ✓ Improves posture
- ✓ Improves circulation and relieves tired legs
- ✓ Helpful for asthma and high blood pressure
- ✓ Reduces swelling of the legs
- ✓ Stretches the hips, thighs, knees, ankles and feet

Creating a Flow (a series of several poses done in one session)

Rotate through these five poses two to three times without rest for three to four days per week. Focus on building the amount of time you can hold each pose until you can hold each one for 60 seconds.

About the Author



Donna Bainton has been an author, speaker and naturopathic consultant since 1990.

She is the founder of [“Begin Within - Online Academy for Women”](#)

Donna is known for her natural health books and mini-courses, personal transformation workshops, online coaching programs, challenges and live events.

You can contact Donna at [Begin Within: Mindset Makeovers for Women](#)

Donna Bainton

A Note from the Author

Hi there! I hope you’ve enjoyed the information presented here, and will benefit from it!

If I can be of any help to you, please feel free to [contact me](#) or connect with me on [Facebook](#).

I’d love to hear your thoughts and suggestions for topics that would make your life easier, better or more fun!

All the Best,

Donna

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