



**Yoga Fundamentals**

**Basic Yoga Poses**

<b>Mountain Pose (Tadasana)</b>	Stand tall with feet together, engage core, and lengthen spine.
<b>Downward-Facing Dog (Adho Mukha Svanasana)</b>	Form an inverted V-shape, pressing hands and feet into the mat, lengthening spine.
<b>Warrior I (Virabhadrasana I)</b>	Front knee bent at 90 degrees, back leg straight, arms extended overhead.
<b>Warrior II (Virabhadrasana II)</b>	Front knee bent at 90 degrees, back leg straight, arms extended parallel to the floor.
<b>Tree Pose (Vrksasana)</b>	Standing balance with one foot placed on the inner thigh of the opposite leg, hands in prayer or extended overhead.
<b>Child's Pose (Balasana)</b>	Kneel with knees together or wide, rest forehead on the mat, arms extended forward or alongside the body.

**Breathing Techniques (Pranayama)**

<b>Ujjayi Breath</b>	Slightly constrict the back of the throat, creating an ocean-like sound with each inhale and exhale.
<b>Kapalabhati Breath</b>	Forcible exhalations followed by passive inhalations, activating the abdominal muscles.
<b>Nadi Shodhana (Alternate Nostril Breathing)</b>	Alternately close one nostril while inhaling and exhaling through the other, balancing energy flow.

**Yoga Styles Overview**

<b>Hatha Yoga:</b> A general term for physical yoga practices, focusing on basic poses and breathing techniques.
<b>Vinyasa Yoga:</b> A dynamic style that synchronizes movement with breath, often involving flowing sequences.
<b>Ashtanga Yoga:</b> A rigorous and structured practice with fixed sequences of poses.
<b>Restorative Yoga:</b> A gentle style using props to support the body in relaxing poses.

**Pilates Essentials**

**Core Pilates Exercises**

<b>The Hundred</b>	Lie on back, lift head and shoulders, pump arms up and down while inhaling for five counts and exhaling for five counts.
<b>Roll Up</b>	Lie on back with arms overhead, engage core to roll up to a seated position, then slowly roll back down.
<b>Single Leg Circle</b>	Lie on back, extend one leg towards the ceiling, and circle the leg from the hip joint.
<b>Rolling Like a Ball</b>	Balance on sitting bones, knees bent and held, engage core to roll back and forth like a ball.
<b>Swan Dive</b>	Lie prone, lift chest and upper body off the mat, engaging back muscles.
<b>Leg Pull Front</b>	Start in a seated position, hands behind you, lift hips up into a plank, and alternate lifting each leg.

**Pilates Principles**

<b>Centering:</b> Focus on engaging the core muscles, creating a stable center.
<b>Concentration:</b> Pay attention to each movement, ensuring proper form and engagement.
<b>Control:</b> Execute each exercise with precision and control, avoiding momentum.
<b>Precision:</b> Emphasize correct alignment and technique.
<b>Breath:</b> Coordinate breath with movement to enhance core engagement and relaxation.
<b>Flow:</b> Move smoothly and continuously from one exercise to the next.

**Pilates Equipment**

<b>Reformer</b>	A bed-like frame with a sliding carriage, springs, straps, and bars to provide resistance and support.
<b>Cadillac (Trapeze Table)</b>	A frame with various bars, springs, and straps for a wide range of exercises.
<b>Chair (Wunda Chair)</b>	A small, padded chair with springs providing resistance for seated and standing exercises.

**Nutrition for Yoga & Pilates**

**Hydration**

Maintain adequate hydration by drinking water before, during, and after yoga and Pilates sessions. Aim for at least 8 glasses of water per day, adjusting for activity level and climate.
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**Pre- and Post-Workout Nutrition**

<b>Pre-Workout</b>	Consume a light, easily digestible snack 1-2 hours before practice. Options include fruit (banana, apple), a small handful of nuts, or a yogurt.
<b>Post-Workout</b>	Replenish glycogen stores and aid muscle recovery with a combination of protein and carbohydrates. Examples include a protein shake, Greek yogurt with berries, or a whole-grain wrap with lean protein.

**Essential Nutrients**

<b>Protein:</b> Supports muscle repair and growth. Sources include lean meats, poultry, fish, beans, lentils, and tofu.
<b>Carbohydrates:</b> Provide energy for workouts. Choose complex carbohydrates like whole grains, fruits, and vegetables.
<b>Healthy Fats:</b> Support hormone production and overall health. Include sources like avocados, nuts, seeds, and olive oil.
<b>Vitamins and Minerals:</b> Essential for various bodily functions. Focus on a balanced diet rich in fruits and vegetables.

# Beauty & Wellness Integration

## Mindfulness & Meditation

Incorporate mindfulness practices into your daily routine to reduce stress and enhance overall well-being. Regular meditation can improve focus, reduce anxiety, and promote a sense of calm.

## Skincare & Post-Workout

<b>Cleansing</b>	Cleanse your face immediately after a workout to remove sweat and impurities, preventing breakouts.
<b>Hydration</b>	Use a hydrating moisturizer to replenish moisture lost during exercise, maintaining skin elasticity.
<b>Sun Protection</b>	Apply sunscreen before outdoor yoga or Pilates sessions to protect your skin from harmful UV rays.

## Sleep & Recovery

Prioritize sleep to support muscle recovery and overall health. Aim for 7-9 hours of quality sleep per night. Establish a relaxing bedtime routine, such as taking a warm bath or reading, to promote restful sleep.