



FUNDAMENTALS OF IYENGAR YOGA

Tips & Tricks - on the mat

“Yoga is like music. The rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.”

– B.K.S. Iyengar

TIPS & TRICKS



- Make yourself at home!
 - practice in a comfy, warm room
 - make sure you have your own space
 - prepare all the props you need
 - decorate it any way you want to

TIPS & TRICKS



- Wear comfortable clothing!
 - not too lose, not too tight
 - flexible & robust
 - light, soft fabric
 - something you feel good in

TIPS & TRICKS



- Take your time!
 - don't rush
 - find the poses
 - use all the props you need
 - slowly build up to more advanced poses

TIPS & TRICKS



- Use your props!
 - prepare your props beforehand
 - use as many as you wish
 - arrange them according to your own needs
 - there's no shame in using props