

# Yoga Starter

A 21 Day Yoga Practice Primer



# Welcome

Today, I invite you to gently create space for yourself. Remember that we don't need control to experience peace. Instead, meet yourself on your mat with an attitude of loving acceptance & relaxed surrender. You deserve to be nurtured and nourished. You're allowed to take the time that it takes to integrate into the version of yourself that exists today.

How are you showing up in the world?

For yourself,  
for your loved ones,  
and in general?

Settling into today, open up and explore this question.

Everything in us and in life is constantly shifting.

We're allowed sit with ourselves and observe what is.

We are allowed to let go of our expectations.

Change is our birthright.

Evolution is our gift.

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# How The Primer Works

The Yoga Primer works by gradually building your practice up in small, easy timeframe increments. Each day, you're provided with a short yogic reading for inspiration. As you make your way through the next 21 days, simply notice what you need, and act on that. The habit tracker is a great way to record and maintain enthusiasm for your progress. To begin, follow these 4 simple steps:

**1**

Read the quote of the day.

**2**

Think & observe:

"What does my body, mind, spirit need today?"

**3**

Set your timer & Do that.

**4**

Snap a Pic & Post.

As you complete your daily practice, post to the Light, Love & Levity Facebook page: #21DayYogaBingo to receive encouragement and motivation from your fellow yogis!



# Before We Begin



## Identify

Why do you want to yoga?

## Be Clear

What do you hope to gain from establishing your practice?

## Get Specific

How are you going to align your intentions with your daily actions?

## Set An Intention

Declare your aim, purpose, or wish.

# Yoga Background & Basics

Yoga is more than exercise. It is a system for personal connection and development. Movement is essential, but it's not just about the body. You will stretch and work out with awareness on your mind-body connection. However, there's more. A lot more, if you're interested in delving a bit deeper. The core teachings of yoga can help you understand how to get your personal practice started. To get the most out of your practice, widen your understanding. Improve your total wellness in a variety of simple ways.

## Wisdom Teachings

With over 5,000 years to develop, it is a system of connection. Styles and traditions vary in many ways. However, all teachings are rooted in the fundamental wisdom of the Vedas. These teachings provide a universal structure to practice. The applications of yoga are far from basic. Learn to use this timeless system to expand yourself in new ways. Steeped in wisdom, it is a very personal journey. As you explore your own personal practice, that description will grow, change, and evolve.

## The 8 Limbs of Yoga

1. **Yamas** - External Ethics
2. **Niyamas** - Internal Ethics
3. **Asana** - Physical poses
4. **Pranayama** - Breathwork
5. **Pratyahara** - Withdrawal of the Senses
6. **Dharana** - Concentration
7. **Dhyana** - Connection
8. **Samadhi** - Unification

### Explore In Sequence.

The 8 limb path is the “Tree of Yoga” in action. Most people begin with poses. However, this is the order of a correct yogic path. First, get to know the ethics of yoga. The Yamas and Niyamas are the founding principles of how you connect with self, and the world at large. Next comes asana practice. Each pose has a story and a purpose to teach you. Over time, you will integrate breath into your practice. Today, it is a great time to grow, or start, your practice. As you explore, it's essential to understand that there is no right or wrong form of yoga. Find what resonates with you and go from there. Reflect daily and see what you find.

Ethics guide the path of every yogi. It is a journey of principled movement. A lifestyle of truth. Without ethics, there is no path, no action, and no adventure. In the search for wholeness, we spring from a foundation. Ten core principles steer the yogic way of life. Undoubtedly, it is a sacred code of conduct. A template for authentic living. In spite of all other available practices, integrity is fundamental. Here is the ethical body of yoga.

## The Yamas and Niyamas

First, ethics are the initial Tool of Yoga. Differing from the other limbs of yoga, virtue is primary. These are the concepts that give form to all other lessons. They are beautifully simple and easily understood. Within them, 10 basic “jewels” of wisdom are shared. Take time the time to get to know them. Ask yourself if you are willing to adhere to this? The Yamas are the self-restraints. The Niyamas are the daily observances. Together, they guide all yogic experience. Through them, life is met with clarity. All yogic exploration, growth, and personal development begins with this. Furthermore, yogic ethics are centered around living your principles.



## Yamas

Indeed, every virtue calls for introspection. “Are you living by your own ethical standards?” “Are you sharing your true understanding with others?” It’s one thing to have principles, it’s another thing to live them fully. The Yamas are the restraints through which life is met daily. These are guiding principles concerned with how you interact with the world.

**Ahimsa** - Nonviolence

**Satya** - Truthfulness

**Asteya** - Nonstealing

**Brahmacharya** - Nonexcess

**Aparigraha** - Nonpossessiveness

## Niyamas

Clearly, one needs ways to exemplify their inner-code. Subsequently, the Niyamas provide precisely that. “Am I applying external ethics inward?” “Am I living in a way true to my principles?” The Niyamas are the internal gages of how you are interacting with yourself. They are the actions of applying ethics to life.

Saucha - Purity

Santosha - Contentment

Tapas - Self-discipline

Svadyaya - Self-Study

Ishvara Pranidhana - Surrender

## The Yogic Path of Application

Without a doubt, every value system comes with personal responsibility. Though simplistic, these 10 tenets of self-restraints and observances assist students in meeting life wherever they're at. Beyond the confines of a class, these are the defining characteristics of a yogi's ethical orientation. In short, they serve as a map to everyday situations and predicaments that may arise. Overall, they are the lifestyle tenets that a yogi ascribes to. Reflect fondly in witness of yourself. Perhaps not a fit for everyone, but are they fit for you?

For now, be curious. One of the best things about yoga is that it is not a one-size-fits-all domain. In order to find what fits, we have to play around with our options. This way, you can find the elements of practices that move you and go from there.

\*Read about the classes offered in your area before you visit. It's always good to 'know before you go'. Explore different options & be kind to yourself. Have some fun!

There are 6 traditional styles of yoga that have grown and evolved over time. Today, many other variations of yoga are practiced around the world. All forms remain based on these original concepts. Classes routinely develop and adapt to modern life. A “Yogi” is a student of yoga, regardless of what type of yoga they practice. Teachers and masters also remain students of yoga for the duration of their yogic experience. Yoga is a path of discovery.

## Lineages & Traditions

First, you need to know that many different styles and traditions of “Yog” are available. Yog describes the many ‘additions’ to yoga. Next, understand that different traditions often include various aspects of spiritualism, belief systems, customs, etc. All are yoga. You can easily find a teacher’s lineage by the type of class that they offer. Lineage indicates the style/tradition guiding the class. Lineage pays homage to specific traditions. Traditionally, lineage is an important element of wisdom transmission in yogic culture.

## The 6 Traditional Styles of Yoga

**Hatha Yoga** is a discipline of asana, meditation, and cleansing techniques. Holistic in nature, Hatha classes generally focus on balance and flexibility. Meeting physical demands prepares you for breath work and meditation.



\*Ashtanga, Vinyasa, Iyengar, Sivananda, Anusara, Bikram, Kundalini, etc, are all Yog of the Hatha tradition.

**Raja Yoga** is a “Royal” meditation practice. It is a path of strict adherence to ethical principles and meditation.

**Karma Yoga** is a path of self-transcendent action through service.

**Bhakti Yoga** is the path of devotion, acceptance, and tolerance. Bhakti channels positivity through seeing the divine in all of creation.

**Jnana Yoga** is a scholarly path of the mind/wisdom. Intellectual development is gained via studying yogic scriptures and texts.

**Tantra Yoga** is the yogic path of ritualistic honor and awareness. In practice, divinity is found and honored with reverence in every action.

## Pranayama

Pranayama is the practice of controlling the breath. Mindfully, yogi's manipulate the breath as a means of harnessing life-force. As the 4th limb of yoga, breathwork is seen as a fundamental stand-alone practice. The energy and vitality of life come directly from our quality of breath. Pranayama is an excellent centering practice. Although it is regularly used in asana classes, it is its own individual practice as well. Breathwork Leads To Expansion

## Mantra

In essence, a mantra is a sacred utterance that harnesses sound energy. It is the utterance of words or sounds with meditative concentration through repetition. The words themselves are an instrument of the mind. In each, powerful psychological and/or spiritual vibrations offer passage to enter a deep meditative state.

## Meditation

Meditation is considered an advanced yogic practice, often taught after other 6 limbs have been established. At the most basic, it is a practice of stilling still with self. Dhyana is meditation. Creating a personal meditation practice is not complicated.

# Getting Started

In the beginning, start slow and easy; growing into your practice over time. Reflections are tools for self-nourishment and enrichment that aim at different facets of your being. In self-reflective practices, “intention setting” is a typical prompt that asks for you to set an intention for the onset of that practice. They can start out as very simple. “Today, the intention for my practice is to soften” or “I intend to look at all things with love.” No meditation is good or bad, it just is. Over time, routinely sitting in stillness allows all the subtle things in your life to shift.

## Creating a Practice

Personal yoga practice is created of layers that accommodate your core beliefs and infuse joy and purpose into your life. Yoga is a practice; however, your practice may look nothing like someone else's, and it doesn't have to. Defining your yoga is a process that takes time. As you walk the path of mindfulness, exploring connections, and growing into your highest self, allow your practice to develop in the ways that naturally resonate for you. Many different disciplines, interests, and orientations exist in the yogic world. You don't have to adopt all of them. I encourage you to find what speaks to you and begin developing your own personal discipline from that belief set. And don't forget to evolve along the way! Creating a practice is fun.

## Setting the Bar with Intention

How often do you silently wonder whether or not you measure up? Have you ever thought; "If I can't do it great, it isn't worth trying to do at all? If so, I wonder, who/what sets the bar that you measure yourself against? It's different for all of us, but the only correct answer, is you do. It's an unpopular truth that most of us aren't great at everything. In yoga, we honor that with acceptance. The brilliance is in the effort. We center ourselves, unlearning all things no longer serving us. Exerting effort in the doing, we take action in the context of loving-kindness. By taking care of ourselves, we are attracting peace and potential. Trial, practice, and maybe a few flops along the way are perfectly acceptable. We begin by setting our intention. What do you most need right now? Are there lessons that keep arising in your life? How can you best serve yourself through a new process? What is your guiding intention for yoga? What do you most want to get out of it?

## Start Small

Yoga is limitless, however, for something to become a part of your yogic practice, there needs to be a sincere intention, awareness, and respect built around it. Like anything, yoga takes time. Creating a practice won't happen overnight; at least not if it's one that you want to stick around for the long-haul.



The tenets of your yoga should be incredibly personal to you. In that vein, I recommended taking stock of your own personal history, lineage, and heritage for inspiration. As you delve in, start small by picking one to two elements as the foundation of your practice. Try to employ them routinely for at least a month, and then observe; did they serve your intention? How did they compliment your life? If they didn't work, maybe those aren't the practices for you. Keep trying until you find what resonates in your mind and body. If you're content with how your practice developed, keep going, and maybe add another element in to assist in your personal cultivation. Building Discipline Yoga is a discipline, but that doesn't mean that it isn't fun, exciting, and enriching as well. Creating a practice that makes sense to you is fun and fulfilling. Let the light of new wisdom wash over you. Soak up all the love of self, spirit, and society as you explore. Let levity grace the difficulties you encounter because when we stop taking ourselves so seriously, we witness what's actually happening. Best wishes to you in making new connections through reflection!

<sup>94</sup> Nothing in the world can purify as powerfully as wisdom;  
Practiced in yoga, you will find this wisdom within yourself.<sup>95</sup>

-Bhagavad Gita 4.38





*Pause A Little, Every Day*

# Yoga Bingo

Abstinences	Meditation	Asana	Concentration	Breathwork
Observances	Breathwork	Yogi's Choice	Withdrawal of the senses	Observances
Asana	Abstinences	FREE SPACE	Abstinences	Meditation
Withdrawal of the senses	Asana	Concentration	Meditation	Asana
Concentration	Breathwork	Observances	Withdrawal of the senses	Yogi's Choice

*@lightlovelevity*

# FAQ's

## Frequently Asked Questions

**Why are Dhyana & Samadhi not included on the list of daily practice choices?**

Dhyana & Samadhi (connection & unification) are experiences reached through the routine practice of the other limbs of yoga. We can practice and create space for them to manifest, however, 'achieving' these states is more of a spontaneous occurrence rather than an active practice.

**Do I have to use the Bingo card and post my progress on the Facebook group?**

No. The Bingo card and group Facebook interactions are fun, optional offerings for to you to tap into moral and accountability support, if you want/need it. Take what you need and leave the rest.





Y O G A

# Settling In Week 1

## Goal: 21 Minute Practice

IN YOGA, WE ARE LEARNING NOT TO PUSH AND FORCE OURSELVES, YET TO ALSO FACE WHAT IS DIFFICULT.

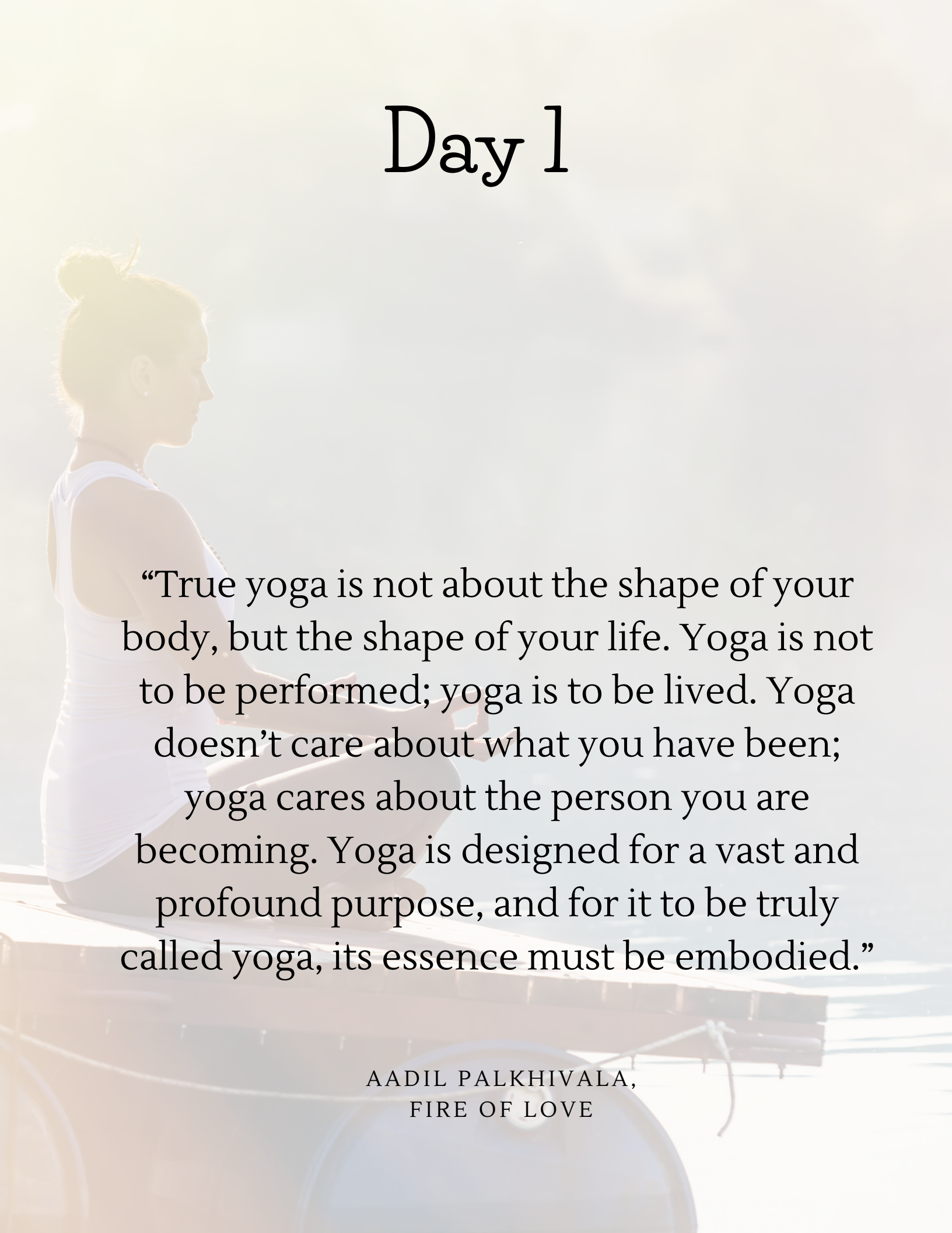
YOUR YOGA PRACTICE CAN CONSIST OF ANY PRACTICE THAT YOU CHOOSE. THE GOAL IS TO EASE YOURSELF INTO A ROUTINE PRACTICE THAT RESONATES WITH YOUR SPIRIT AND FEELS GOOD IN YOUR MIND AND BODY.

### CHECKLIST:

- DAY 1      3 MINUTES      -----
- DAY 2      6 MINUTES      -----
- DAY 3      9 MINUTES      -----
- DAY 4      12 MINUTES      -----
- DAY 5      15 MINUTES      -----
- DAY 6      18 MINUTES      -----
- DAY 7      21 MINUTES      -----



# Day 1



“True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived. Yoga doesn’t care about what you have been; yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its essence must be embodied.”

AADIL PALKHIVALA,  
FIRE OF LOVE

# Day 2

"To perform every action artfully is yoga."

SWAMI KRIPALU





# Day 3

"You cannot do yoga. Yoga is your natural state. What you can do are yoga exercises, which may reveal to you where you are resisting your natural state."

SHARON GANNON



# Day 4

“Change is not only inevitable, but always happening. When you truly embrace this concept of change being constant, the only thing left to do is grow, detach, venture inwards, touch the spirit and find your source — the one responsible for keeping you grounded through the ever-changing seasons of life.”

JULIE WEILAND



# Day 5



“Yoga is a light, which once lit will never dim. The better your practice, the brighter your flame.”

B.K.S. IYENGAR



A photograph of a person's feet on a blue yoga mat. The mat is on a wooden floor. In the top left corner, there is a potted plant with green leaves. The text "Day 6" is overlaid on the top part of the image.

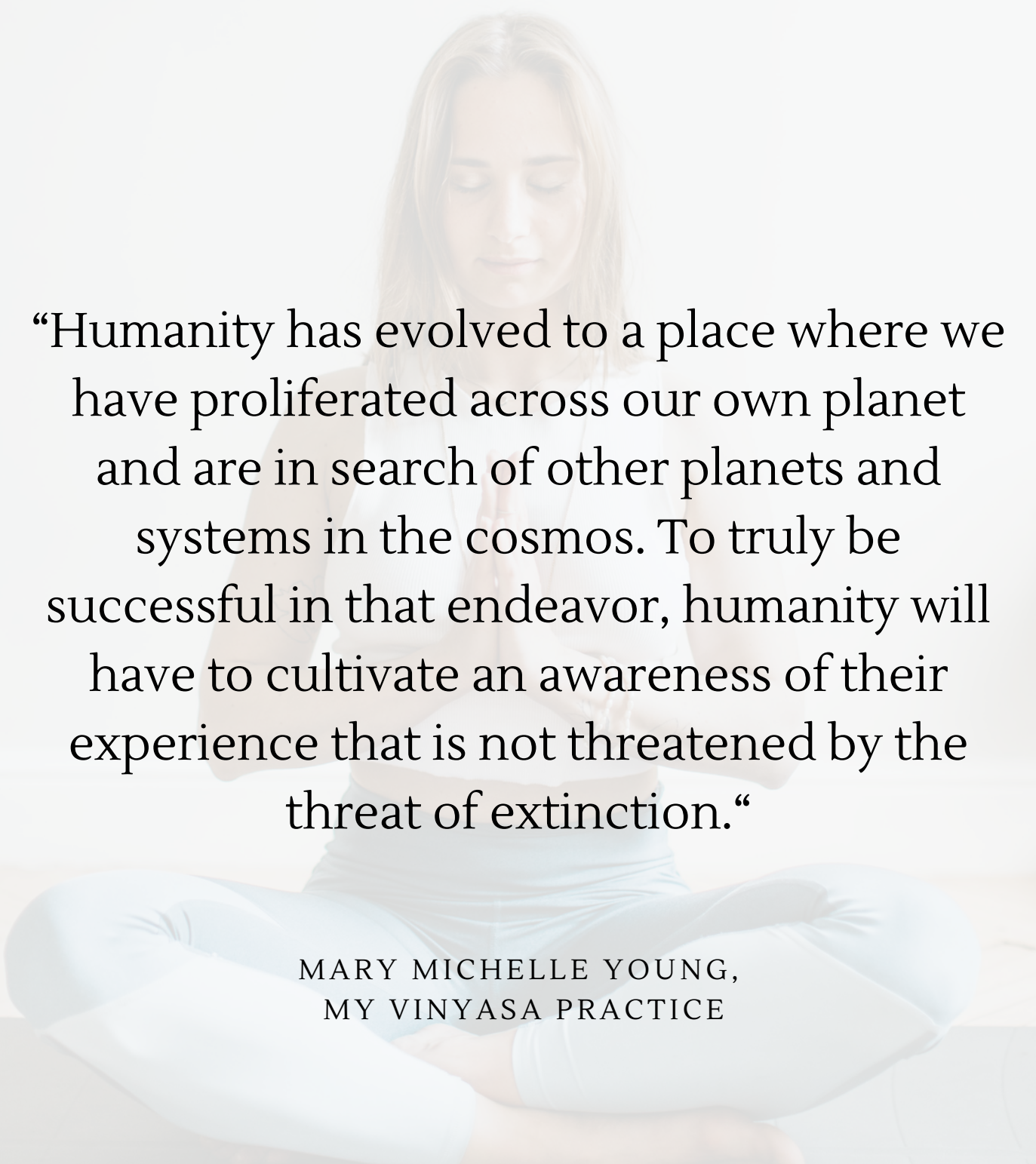
# Day 6

“The nature of yoga is to shine the light of awareness into the darkest corners of the body.”

JASON CRANDELL



# Day 7



“Humanity has evolved to a place where we have proliferated across our own planet and are in search of other planets and systems in the cosmos. To truly be successful in that endeavor, humanity will have to cultivate an awareness of their experience that is not threatened by the threat of extinction.”

MARY MICHELLE YOUNG,  
MY VINYASA PRACTICE

# Maintaining Week 2

## Goal: 42 Minute Practice

IN YOGA, WE ARE LEARNING MAKE TIME TO ACCEPT OURSELVES EXACTLY AS WE ARE, YET TO ALSO BECOME DISCIPLINED IN OUR SELF- CARE AND DEVELOPMENT ROUTINES.

### CHECKLIST:

- DAY 8 24 MINUTES -----
- DAY 9 27 MINUTES -----
- DAY 10 30 MINUTES -----
- DAY 11 33 MINUTES -----
- DAY 12 36 MINUTES -----
- DAY 13 39 MINUTES -----
- DAY 14 42 MINUTES -----

# Day 8

"Nothing in the world can purify As  
powerfully as wisdom; Practiced in yoga,  
you will find this wisdom within yourself."

BHAGAVAD GITA 4.38



# Day 9

“The belief that it is possible to meet the world without healing ourselves first is what the Yoga Sutras call a lack of true knowledge. The truth is, when we are happy we spread happiness, and when we are in pain we spread suffering”

ROLF GATES & KATRINE KENNISON,  
MEDITATIONS FROM THE MAT



# Day 10

A photograph showing a person's hands rolling up a purple yoga mat on a wooden floor. The mat is partially unrolled, and the hands are positioned to guide the roll. The background is a light-colored wall.

"In the cycle of nature there is no such thing as victory or defeat; there is only movement."

PAULO COELHO,  
MANUSCRIPT FOUND IN ACCRA

# Day 11

A silhouette of a hand in a yoga mudra (prayer position) against a sunset background with a large sun.

"The heavier the burden, the closer our lives come to the earth, the more real and truthful they become."

MILAN KUNDERA,  
THE UNBEARABLE LIGHTNESS OF BEING

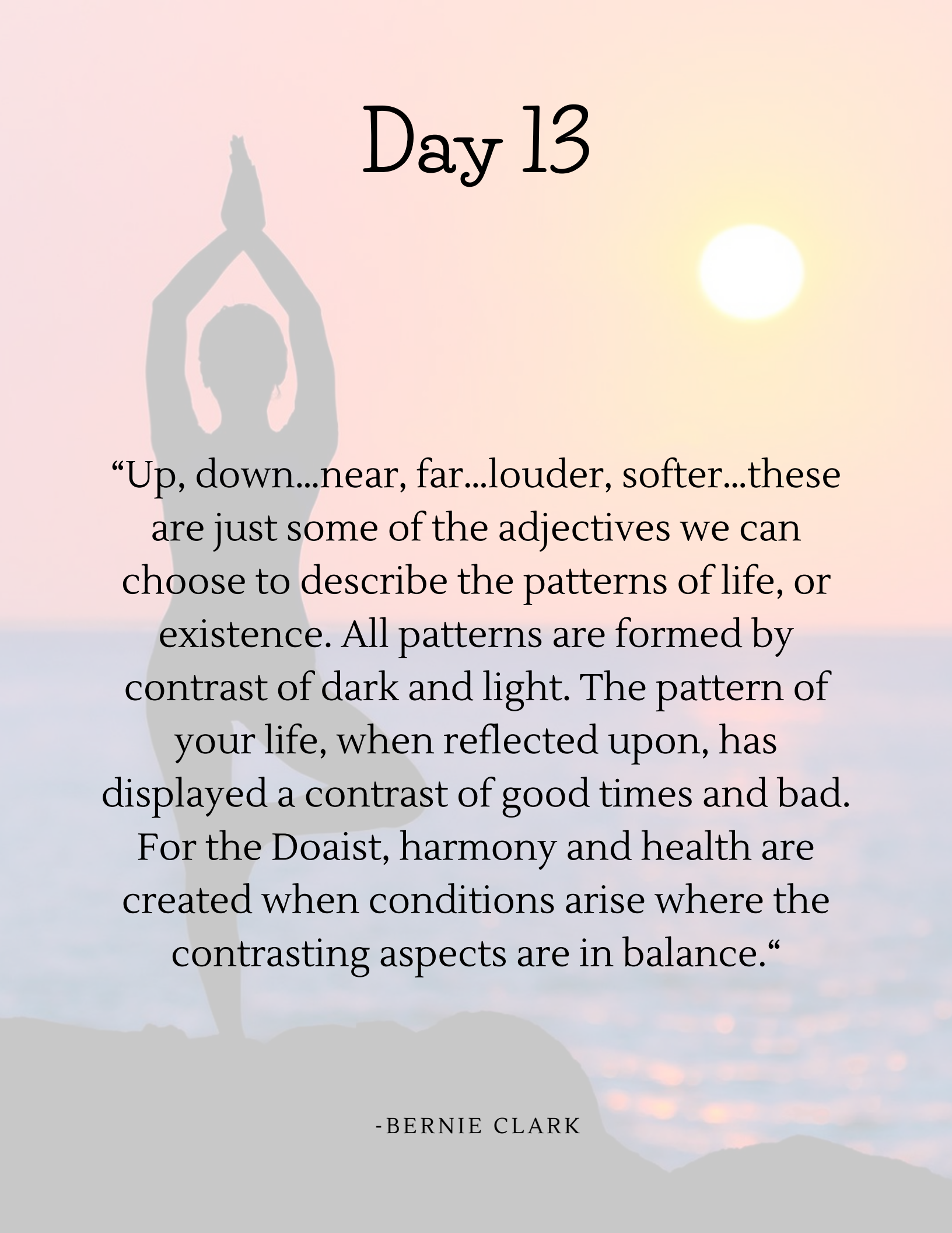


# Day 12

A woman with long brown hair, wearing a white tank top, is kneeling on a wooden floor. She is looking down at a young child with dark hair, who is also kneeling and looking down. The child is wearing a dark long-sleeved shirt and light-colored pants. The background is a bright, sunlit room with a radiator and a window.

In the Hatha style of Yoga, all of our practices are centered around “union”. To balance the yin and the yang, the hot & cold, bitter & sweet, the sun and the moon, and to understand and play with how that looks in our bodies, in our minds, and out in our lives....how are you unified today?

# Day 13



“Up, down...near, far...louder, softer...these are just some of the adjectives we can choose to describe the patterns of life, or existence. All patterns are formed by contrast of dark and light. The pattern of your life, when reflected upon, has displayed a contrast of good times and bad. For the Doaist, harmony and health are created when conditions arise where the contrasting aspects are in balance.”

-BERNIE CLARK



# Day 14

“This is the path of separation. But when we move in the world of the senses, yet keep our senses in harmony, free from attachment to attraction or aversion, we rest in the wisdom heart of our True Natural, the true equanimity of Being, in which all sorrow and suffering cease.”

RICHARD MILLER

# Embracing Week 3

## Goal: 60 Minute Practice

IN YOGA, WE ARE LEARNING TO HONOR AND CONNECT WITH THE WORLD BY HONORING AND CONNECTING WITH OURSELVES FIRST. TO EXPERIENCE THE CALM, NOURISHING STATES OF WELLNESS, WE MUST FIRST BECOME A CALM, NOURISHING CONTAINER OF WELLNESS.

### CHECKLIST:

- DAY 15 45 MINUTES -----
- DAY 16 48 MINUTES -----
- DAY 17 51 MINUTES -----
- DAY 18 54 MINUTES -----
- DAY 19 57 MINUTES -----
- DAY 20 60 MINUTES -----
- DAY 21 60 MINUTES -----



# Day 15

“The power of the microcosm and the macrocosm are connected and mutually fruity each other. We see that if we dig into the depths of the ancient teachings long enough- or go far enough into the height- we will find ourselves at the other end again.”

GERTRUD HIRSCHI





A close-up, soft-focus photograph of a person's hands and arms in a meditative pose. The person is sitting in a lotus position on a blue mat. Their hands are held in a mudra, with fingers interlaced. The background is a blurred indoor setting with other people in the background, suggesting a yoga or meditation class. The lighting is warm and natural, creating a serene atmosphere.


# Day 16

“Take a moment to reconnect with both  
your awareness and restraint.”

CARL BARD




# Day 17

A person with blonde hair tied in a bun, wearing a red tank top, is performing a downward dog yoga pose on a pink mat in a grassy field. The background is a soft-focus green landscape. The text is overlaid on the image.

“There is little reward  
in running yourself ragged.”

UNKNOWN

# Day 18



“Life doesn’t get easier or more forgiving,  
we get stronger and more resilient.”

STEVE MARABOLI



# Day 19

A person with long dark hair, wearing a white tank top and black leggings, is performing a downward dog yoga pose on a pink mat. Their hands are flat on the mat, and their feet are also flat on the mat. The background is a plain, light-colored wall.

Be willing to be a beginner  
every single morning.”

MEISTER ECKHART

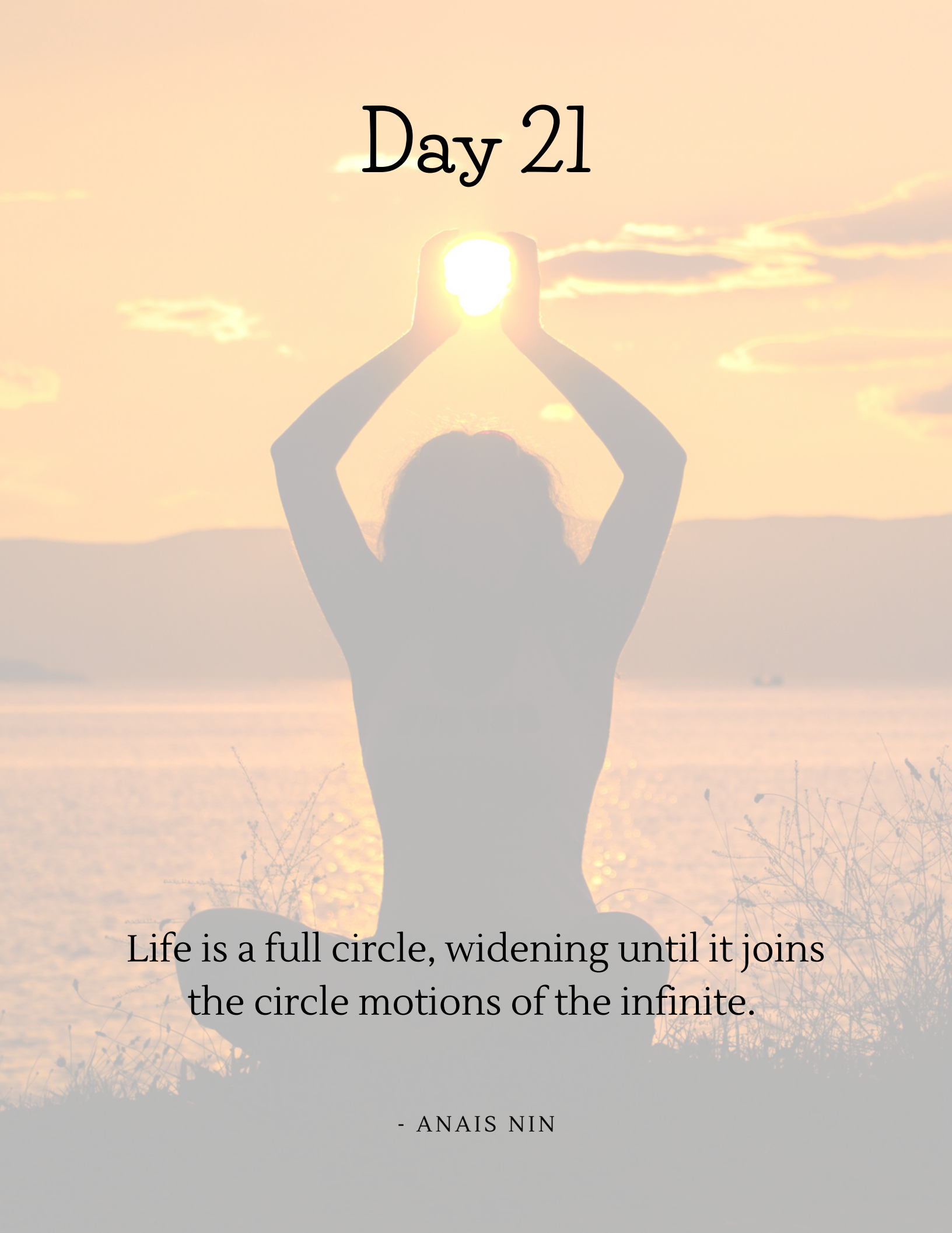
# Day 20

“The calmness of the body then leads to calmness of the mind. When the mind calms, it sees thoughts like separate frames on a filmstrip. Seeing the thoughts individually allows our reaction time to lengthen, giving us that needed time to to make choices consciously rather than to react automatically.”

NISCHALA JOY DEVI,  
THE HEALING PATH OF YOGA



# Day 21



Life is a full circle, widening until it joins  
the circle motions of the infinite.

- ANAIS NIN



# Congratulations!

Whatever it looked like, however you've progressed, no matter what you discovered: you did a great job!!! As we study ourselves through the lenses of yoga, we begin to understand and accept that we are whole, all the time.

All things come full circle, in their correct season, for profound reasons. Thus, we end where we began, perhaps with a little more clarity. Remember that we don't need control to experience peace. Instead, meet yourself on your mat with an attitude of loving acceptance & relaxed surrender. You deserve to be nurtured and nourished. You're allowed to take the time that it takes to integrate into the version of yourself that exists today.

How are you showing up in the world?

For yourself, for your loved ones, and in general?

We're allowed sit with ourselves and observe what is.

We are allowed to let go of our expectations.

Change is our birthright.

Evolution is our gift.



The divine light which shines in me sends love and  
compassion to you.

Like all the undertones and overtones of your life,

may you naturally step into balance.

Wishing Light, Love, & Levity to All!

Namaste.

# Resources

It's always helpful to have additional resources handy for further exploration. If you've enjoyed using this Yoga Starter to prime your personal practice, here are some of my other resources that I think you'll enjoy as well:

[The Daily Reflect](#)

[Authenticity Unlocked](#)

[Natural Resonance](#)

There's always new content being added at  
[Light, Love, & Levity.com](#)  
as well as across our social media platforms.

Don't be a stranger;  
connecting with your tribe is only a click away.

I'm here for you, so [Reach Out](#). And, if you haven't already,  
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BE SOCIAL =

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