

5 TIPS TO START A DAILY YOGA PRACTISE



SoulWare

ONE



MAKE SPACE

Make literally space in your house and in your agenda.



TWO

20 MINUTES

Start with 20 minutes. And do the poses you love to do. That's do - able for every one. It will give you confidence and motivation.



THREE

EQUIPMENT

Invest in good and lovable equipments, like a good yoga mat, cushions etc. It will for sure help you with your practice.



FOUR

ACCOUNTABILITY – PARTNER

*Look for a professional who
can help, support & correct
you for at least once a week.
Or start your month with a
friend or family member.*



FIVE

CELEBRATE YOUR PROGRESSION

*After a month of totally
devotion and commitment
you deserve something nice.
That can be anything you
love.*



THANK

For your attention

YOU!

*Start your Daily Yoga Practise today! And
experience how wonderful, energetic and peaceful
you feel after a month.*

