

# yoga for beginners plus size

## Embracing Wellness: A Comprehensive Guide to Yoga for Beginners Plus Size

**yoga for beginners plus size** offers a transformative path to improved physical and mental well-being, accessible to everyone, regardless of body shape or size. This comprehensive guide is designed to demystify yoga for larger bodies, providing essential information, practical tips, and beginner-friendly poses. We will explore the unique benefits of yoga for plus-size individuals, address common concerns, and guide you through creating a safe and supportive practice. Discover how yoga can enhance flexibility, build strength, reduce stress, and foster a deeper connection with your body. Prepare to embark on a journey of self-discovery and empowerment, finding joy and ease on your yoga mat.

### Table of Contents

- Introduction to Yoga for Plus Size Beginners
- Why Yoga is Beneficial for Plus Size Individuals
- Addressing Common Concerns for Plus Size Yogis
- Getting Started: What You Need for Your Practice
- Essential Yoga Poses for Beginners Plus Size
- Tips for a Safe and Enjoyable Plus Size Yoga Practice
- Finding the Right Plus Size Yoga Resources
- The Journey of Mindful Movement and Body Acceptance

### Introduction to Yoga for Plus Size Beginners

Embarking on a yoga journey as a beginner, especially with a plus-size body, can feel daunting. However, the world of yoga is incredibly inclusive, and modifications make it accessible and beneficial for all shapes and sizes. This guide is specifically curated for individuals who are exploring yoga for the first time and identify as plus-size. We aim to provide a welcoming and informative resource that builds confidence and encourages

consistent practice. Understanding the fundamental principles and adapting poses to your body's needs are key to a fulfilling yoga experience.

The practice of yoga extends far beyond physical postures. It encompasses breathwork (pranayama), meditation, and a philosophy of self-awareness and acceptance. For plus-size beginners, yoga can be a powerful tool for stress reduction, pain management, and cultivating a positive body image. Many individuals discover that regular yoga practice helps them feel stronger, more flexible, and more at peace with themselves. This article will delve into the specific advantages yoga offers to larger bodies, address potential hesitations, and equip you with the knowledge to start your personal yoga odyssey with confidence and joy.

## **Why Yoga is Beneficial for Plus Size Individuals**

Yoga offers a wealth of benefits that are particularly advantageous for individuals in plus-size bodies. One of the most significant advantages is its emphasis on gentle strengthening and flexibility. Many poses, when modified, can help build core strength, improve posture, and increase the range of motion in joints, which can be areas of discomfort for those carrying extra weight. The mindful movement involved in yoga also helps in developing body awareness, fostering a deeper understanding and appreciation of what your body can do.

Furthermore, yoga is renowned for its stress-reducing capabilities. The combination of controlled breathing, physical movement, and mindfulness can significantly lower cortisol levels, the primary stress hormone. For plus-size individuals, managing stress is crucial as it can impact overall health and contribute to weight management challenges. By promoting relaxation and mental clarity, yoga can be an effective tool in breaking the stress-weight cycle. The non-competitive nature of yoga also encourages a focus on personal progress rather than comparison, fostering self-compassion and a more positive self-image.

The practice can also contribute to improved cardiovascular health. While not always an intense cardiovascular workout, certain yoga styles can elevate the heart rate moderately, improving circulation and strengthening the heart muscle. The emphasis on breath control also enhances lung capacity and efficiency. For individuals managing conditions like high blood pressure or diabetes, which can be more prevalent in larger bodies, yoga can serve as a complementary practice to medical treatment, promoting overall wellness and a sense of vitality.

## **Improved Flexibility and Range of Motion**

A common misconception is that yoga requires extreme flexibility. In reality, yoga is a journey of gradually increasing flexibility and mobility. For plus-size individuals, who may experience stiffness in certain joints or muscle groups, yoga offers a safe and effective way to work towards greater suppleness. Poses can be modified using props like blocks and straps to support the body and allow for deeper, yet comfortable, stretches. This gradual improvement in flexibility can alleviate discomfort associated with everyday movements and enhance overall physical comfort.

## **Enhanced Strength and Muscle Tone**

While yoga is often associated with stretching, it is also a powerful strength-building practice. Holding yoga poses, even for short durations, engages various muscle groups, leading to increased strength and muscle tone. For plus-size individuals, building lean muscle mass is beneficial for metabolism and joint support. Poses like Plank (modified on knees if needed), Warrior poses, and Chair pose, when performed with proper alignment, effectively target the legs, core, and upper body. This gentle yet persistent strengthening can lead to a feeling of empowerment and greater physical capability.

## **Stress Reduction and Mental Well-being**

The mind-body connection is central to yoga. The focus on breath and present moment awareness helps to calm the nervous system and reduce the effects of chronic stress. Many beginners find that the simple act of focusing on their breath during yoga practice can quiet a busy mind. This reduction in stress can have cascading positive effects on mood, sleep quality, and overall emotional resilience. Yoga provides a sanctuary for self-care, allowing individuals to disconnect from daily pressures and reconnect with themselves in a nurturing environment.

## **Better Body Awareness and Acceptance**

Yoga encourages practitioners to listen to their bodies, noticing sensations, limitations, and strengths without judgment. This mindful awareness can be particularly transformative for plus-size individuals who may have experienced negative self-talk or body image issues. By focusing on what the body can do and how it feels, rather than how it looks, yoga cultivates a sense of appreciation and acceptance. This shift in perspective is fundamental to building a healthy and sustainable relationship with one's body.

## **Addressing Common Concerns for Plus Size Yogis**

It's natural to have reservations when starting any new fitness routine, and for plus-size beginners, these concerns can be amplified. Common worries include not being flexible enough, not fitting into standard yoga attire, feeling self-conscious in a class setting, or finding poses uncomfortable. This section aims to directly address these hesitations, offering practical solutions and reassurance.

The yoga community is evolving, and many studios and instructors are becoming increasingly aware of the need for inclusivity. Understanding that modifications are not a sign of weakness but rather a smart way to adapt yoga to your unique body is paramount. This guide will empower you with the knowledge to navigate these concerns, find supportive environments, and practice yoga in a way that feels empowering and effective for your body.

## **"I'm not flexible enough."**

This is perhaps the most common concern, and it's important to understand that flexibility is developed through practice, not a prerequisite for starting. Yoga is about meeting your body where it is. Every pose can be modified to suit your current range of motion. For instance, instead of reaching your toes in a forward fold, you can rest your hands on blocks or your shins. The goal is to feel a gentle stretch, not to force your body into a position it's not ready for. With consistent practice, you will notice improvements in your flexibility over time.

## **"I feel self-conscious in a class."**

It's understandable to feel a bit vulnerable when trying something new, especially in a group setting. However, most yoga classes are filled with individuals focused on their own practice. If you are concerned about the environment, consider starting with private sessions or beginner-specific classes that are often smaller and more intimate. Look for studios that explicitly advertise themselves as inclusive or body-positive. Arriving a few minutes early to set up your mat in a less prominent spot can also help you feel more comfortable. Remember, everyone in the class was a beginner once.

## **"Will I be able to do the poses?"**

Yoga is not about performing perfect poses; it's about the journey of mindful movement. Instructors are trained to offer variations and modifications for almost every pose. For example, if a pose requires balancing on one leg, you can use a wall or chair for support. If you find a pose challenging, it's an opportunity to explore what your body can do and how you can adapt it. Listen to your body's signals and never push into pain. The beauty of yoga lies in its adaptability.

## **"What about yoga attire?"**

The most important aspect of yoga attire is comfort and functionality. You want clothing that allows you to move freely without restriction and that you feel good in. Many plus-size individuals prefer comfortable, stretchy leggings or capris and supportive tops. Avoid overly baggy clothing that might get in the way or shift during poses. Focus on fabrics that wick away moisture if you tend to sweat. Ultimately, wear what makes you feel confident and allows you to focus on your practice.

## **Getting Started: What You Need for Your Practice**

Starting a yoga practice for beginners plus size doesn't require extensive equipment or a specialized studio, although those can be beneficial. The essentials are minimal, making it easy to begin practicing at home or at a local studio. Investing in a few key items can enhance your comfort and support your progress, but the most important ingredient is your willingness to begin.

Creating a conducive environment for practice, whether at home or at a studio, is also important. This includes ensuring you have adequate space and minimizing distractions. As you progress, you might explore additional props or different types of yoga mats, but for now, focus on the foundational elements that will help you start and sustain your practice.

## The Essential Yoga Mat

A good yoga mat is crucial for providing cushioning, stability, and grip. For plus-size individuals, a thicker mat can offer extra comfort and joint support, especially on hard floors. Look for mats that are at least 6mm thick. Durability and good traction are also important to prevent slipping, which can be a concern for anyone. Consider mats made from natural rubber, TPE, or eco-friendly PVC, depending on your preference for grip and environmental impact.

## Comfortable and Supportive Clothing

As mentioned previously, comfortable clothing is key. Opt for breathable, stretchy fabrics that allow for a full range of motion. Leggings, capris, or comfortable shorts paired with a supportive tank top or t-shirt are ideal. Ensure your clothing isn't too restrictive or prone to sliding down. Many athletic brands now offer inclusive sizing and designs specifically for plus-size bodies.

## Props for Support and Modification

Yoga props are invaluable tools for making poses more accessible and safer, especially for beginners and those with larger bodies. They help you achieve proper alignment and deepen your understanding of a pose without strain.

- **Yoga Blocks:** These are typically made of cork, foam, or wood and are used to bring the floor closer to you, support your hands, or reduce the range of motion in certain stretches. For example, placing blocks under your hands in a forward fold can make it much more accessible.
- **Yoga Straps:** Straps are used to extend your reach, particularly in poses where you can't quite clasp your hands or reach your feet. They help you maintain proper alignment and engage the correct muscles.
- **Bolsters:** These are long, firm pillows often used for restorative poses or to provide cushioning and support. A bolster can be placed under your knees in Savasana (Corpse Pose) for added comfort or under your back in supported backbends.
- **Blankets:** Folded blankets can provide cushioning under your knees or hips, or they can be used for warmth and comfort during relaxation poses.

## **A Calm and Dedicated Space**

If you are practicing at home, designate a quiet space where you can set up your mat without distractions. This could be a corner of your living room or bedroom. Ensure there is enough space around you to extend your arms and legs fully. Minimize potential interruptions from pets or other family members during your practice time. A calm environment enhances focus and promotes a deeper sense of relaxation.

## **Essential Yoga Poses for Beginners Plus Size**

Starting with foundational yoga poses, often referred to as asanas, is crucial for building strength, flexibility, and confidence. These poses are generally considered safe and adaptable for beginners, including those in plus-size bodies. The key is to focus on proper alignment and to use props as needed to support your body and prevent strain. Remember to listen to your body and only go as far as feels comfortable.

Each pose offers unique benefits, from building core strength to improving balance and promoting relaxation. By incorporating these poses into your routine, you'll begin to experience the profound physical and mental advantages that yoga has to offer. This selection is designed to be a starting point, encouraging a gradual and enjoyable exploration of your physical capabilities.

### **Mountain Pose (Tadasana)**

Mountain Pose is the foundational standing pose. Stand with your feet hip-width apart, or closer if more comfortable. Ground down through all four corners of your feet. Engage your thigh muscles gently, lengthen your spine, and let your arms hang by your sides, palms facing forward or in. Roll your shoulders back and down. This pose cultivates stability, good posture, and body awareness. It's an excellent pose to start with to feel grounded.

### **Chair Pose (Utkatasana)**

Chair Pose mimics sitting in an invisible chair. From Mountain Pose, inhale and sweep your arms overhead, or rest your hands on your hips or heart center if overhead is too much. Exhale and bend your knees as if sitting back into a chair, keeping your chest lifted and spine long. Ensure your knees track over your ankles. If you feel pressure in your knees, you can lift your heels slightly or reduce the depth of the bend. This pose strengthens the thighs, calves, and core.

### **Warrior II (Virabhadrasana II)**

Warrior II is a powerful standing pose that builds strength and stamina. Step your feet wide apart on your mat. Turn your right foot out 90 degrees and your left foot in slightly. Inhale, bend your right knee over your right ankle, ensuring it doesn't go past your toes. Extend your arms out to the sides, parallel to the floor, gazing over your right fingertips.

Keep your torso upright and your core engaged. You can modify the stance width or depth of the bend to suit your comfort. This pose opens the hips and chest and strengthens the legs.

## **Triangle Pose (Trikonasana)**

Triangle Pose is a standing pose that stretches the hamstrings, hips, and spine. From Warrior II, straighten your front leg. Inhale, reach your front arm forward, and then hinge at your hip to bring your front hand down to your shin, a block, or the floor. Extend your top arm towards the ceiling, creating a straight line between your arms. Keep your chest open and gaze upwards or forward. Using a block under your bottom hand is highly recommended for plus-size beginners to maintain alignment and avoid straining. This pose improves digestion and can relieve stress.

## **Cobra Pose (Bhujangasana)**

Cobra Pose is a gentle backbend that strengthens the spine and opens the chest. Lie on your stomach with your legs extended and the tops of your feet on the mat. Place your hands under your shoulders, fingers pointing forward. Inhale and, keeping your elbows close to your body, press into your hands to lift your head and chest off the floor. Only lift as high as comfortable, keeping your hips and lower belly grounded. Avoid pressing into your hands too forcefully; the lift should come from your back muscles. This pose can help improve posture and relieve mild back pain.

## **Child's Pose (Balasana)**

Child's Pose is a resting pose that is incredibly restorative and grounding. Kneel on your mat with your knees hip-width apart or wider, whichever is more comfortable. You can bring your big toes to touch. Exhale and fold your torso forward between your thighs, resting your forehead on the mat or a block. Extend your arms forward or bring them back alongside your body, palms up. If your hips don't easily reach your heels, place a rolled blanket or bolster between your thighs and calves. This pose is perfect for resting and calming the mind.

## **Bridge Pose (Setu Bandhasana)**

Bridge Pose is a gentle backbend that strengthens the back, glutes, and hamstrings, and opens the chest. Lie on your back with your knees bent and feet flat on the floor, hip-width apart and close to your glutes. Keep your arms alongside your body, palms down. Inhale and press into your feet to lift your hips off the floor. You can keep your hands flat on the floor, or interlace your fingers underneath your back to gently draw your shoulders together. A block placed between your thighs can help keep your knees from splaying outwards. This pose can help alleviate fatigue and improve mood.

# Tips for a Safe and Enjoyable Plus Size Yoga Practice

Safety and enjoyment are paramount for any yoga practitioner, but especially for beginners plus size. Prioritizing these aspects will ensure that your yoga journey is a positive and sustainable one. It's about cultivating a practice that nurtures your body and mind, rather than pushing it to discomfort or pain. By incorporating these tips, you can build confidence and reap the full benefits of yoga.

Embracing modifications, listening to your body, and seeking out supportive environments are key. Remember that yoga is a personal journey, and progress looks different for everyone. The goal is not perfection, but presence and self-discovery. These tips are designed to empower you to approach your practice with knowledge and self-compassion, ensuring a rewarding experience.

## Listen to Your Body

This is the golden rule of yoga. Your body will communicate its limits and capabilities. If a pose causes sharp pain, back off immediately. Discomfort in a stretch is normal, but pain is a signal to stop or modify. Learn to differentiate between the sensation of a stretch and actual pain. There is no "pushing through" in a way that causes harm; instead, it's about respecting your body's signals and adjusting accordingly.

## Embrace Modifications and Props

Modifications and props are your friends, not crutches. They are essential tools for making yoga accessible and safe for every body. Don't hesitate to use blocks under your hands, straps to extend your reach, or blankets for cushioning. A good instructor will offer modifications proactively, but if they don't, don't be afraid to ask. Using props allows you to find proper alignment and experience the benefits of a pose without strain.

## Start with Beginner-Focused Classes

Look for classes specifically labeled "Beginner," "Gentle Yoga," "Restorative Yoga," or "Hatha Yoga." These styles tend to move at a slower pace and offer more detailed instruction on alignment. Many studios now offer "Body Positive Yoga" or classes tailored for larger bodies. Research studios in your area and read reviews, or call ahead to inquire about their approach to inclusivity and modifications.

## Find a Supportive Instructor

A great yoga instructor can make all the difference. Seek out teachers who are experienced in working with diverse body types and who emphasize inclusivity and non-judgment. A supportive instructor will offer clear, compassionate guidance, provide modifications without singling you out, and create a welcoming atmosphere. Don't be afraid to try different instructors until you find one you connect with.



## **Hydrate and Nourish Appropriately**

Stay well-hydrated, especially before and after your practice. Drink water throughout the day. Avoid eating a heavy meal within two to three hours of your yoga session, as practicing on a full stomach can be uncomfortable and lead to digestive issues. Opt for lighter snacks if you need something before practice.

## **Focus on Breath (Pranayama)**

Your breath is a powerful tool in yoga. Conscious breathing helps to calm the nervous system, improve focus, and deepen your practice. Pay attention to your inhalations and exhalations. If you find yourself holding your breath, consciously release it and focus on smooth, even breaths. This mindful breathing can transform your experience of both the physical poses and your overall state of mind.

## **Be Patient and Kind to Yourself**

Yoga is a practice, and like any practice, it takes time and consistency to see results. There will be days when you feel more flexible or stronger than others. Celebrate your progress, no matter how small. Avoid comparing your journey to others. Cultivate self-compassion and remember why you started. Your yoga practice is a gift you give to yourself.

## **Finding the Right Plus Size Yoga Resources**

Navigating the world of yoga as a plus-size beginner can be made significantly easier by identifying reliable and inclusive resources. The availability of specialized classes, online content, and community support can empower individuals to begin and sustain their practice with confidence. It's about finding sources that resonate with your needs and values, making yoga an accessible and enjoyable part of your life.

From experienced instructors who understand the nuances of teaching larger bodies to online platforms that offer a wealth of modified poses and sequences, there are many avenues to explore. Investing time in finding these resources will pay dividends in creating a safe, effective, and empowering yoga experience. This section aims to guide you toward these valuable tools.

## **Specialized Studios and Classes**

Many yoga studios are now actively working towards greater inclusivity. Look for studios that explicitly advertise body-positive classes, adaptive yoga, or beginner-friendly Hatha and Yin yoga. Some studios even offer classes specifically for larger bodies or that cater to individuals seeking a gentle and supportive environment. Searching online for "plus size yoga classes [your city]" or "body positive yoga [your city]" can yield excellent results.

## **Online Yoga Platforms and Content Creators**

The digital age has made yoga more accessible than ever. Numerous online platforms and individual yoga teachers offer a vast library of yoga classes, many of which are specifically designed for beginners and include extensive modifications for larger bodies. Look for instructors who are known for their body-positive approach and who regularly demonstrate a wide range of modifications. Websites and YouTube channels dedicated to plus-size yoga are invaluable resources for finding classes and poses that are tailored to your needs.

## **Books and Guides**

There are many excellent books and guides available that focus on yoga for larger bodies. These resources often provide detailed explanations of poses, common challenges, and strategies for modification. They can be a great way to deepen your understanding of yoga principles and learn new ways to adapt poses. Look for books that emphasize self-acceptance and a holistic approach to well-being.

## **Supportive Online Communities**

Joining online communities or forums focused on yoga for plus-size individuals can provide a sense of camaraderie and shared experience. These platforms offer a space to ask questions, share challenges and successes, and find encouragement from others on a similar journey. Connecting with a community can combat feelings of isolation and reinforce the idea that you are not alone in your exploration of yoga.

## **Yoga Teacher Training Focused on Inclusivity**

While this might be a more advanced consideration, it's worth noting that some yoga teacher training programs are now focusing on inclusivity and adaptive yoga. This means that more teachers are being trained to effectively guide practitioners of all shapes and sizes. As you gain experience, you might seek out teachers who have completed such specialized training.

## **The Journey of Mindful Movement and Body Acceptance**

Embarking on a yoga practice as a beginner plus size is not just about physical exercise; it is a profound journey of mindful movement and cultivating deep body acceptance. Each pose, each breath, and each moment of presence on the mat contributes to a more positive and empowering relationship with your body. The benefits extend far beyond increased flexibility or strength, touching upon emotional resilience and mental clarity.

As you continue your practice, you will likely discover that yoga becomes more than just a physical activity; it becomes a way of life. It's about carrying the lessons of the mat – patience, self-compassion, and acceptance – into your daily life. This holistic approach to

wellness is what makes yoga such a transformative practice for individuals of all shapes and sizes. Embrace the journey, celebrate your progress, and continue to explore the wonderful world of yoga.

## **FAQ**

### **Q: What is the best style of yoga for plus size beginners?**

A: For plus size beginners, gentle styles like Hatha Yoga, Restorative Yoga, and Yin Yoga are excellent starting points. These styles focus on foundational poses, slower pacing, and ample opportunity for modifications, making them accessible and comfortable for larger bodies.

### **Q: How often should a plus size beginner practice yoga?**

A: Consistency is key. Aim to practice yoga at least 2-3 times a week. Even short, 15-20 minute sessions can yield significant benefits when practiced regularly. Listen to your body and gradually increase frequency as you feel comfortable.

### **Q: Can yoga help with weight management for plus size individuals?**

A: While yoga is not primarily a calorie-burning activity like high-intensity cardio, it can contribute to weight management through several mechanisms. It builds lean muscle mass which boosts metabolism, reduces stress which can curb emotional eating, and promotes mindful eating habits by increasing body awareness.

### **Q: What should I do if I feel a pose is too difficult or painful?**

A: If a pose feels too difficult or painful, it's a clear signal to modify or skip it. Use props like blocks and straps to make it more accessible, or opt for an alternative resting pose like Child's Pose. Never push through sharp pain. Your instructor can provide suitable modifications.

### **Q: Is it okay to wear regular workout clothes for yoga as a plus size beginner?**

A: Absolutely. The most important factor is comfort and freedom of movement. Choose breathable, stretchy workout attire that you feel confident and comfortable in. Many plus-size individuals find that good-quality leggings and supportive tops work best.

## **Q: How can I find a plus size friendly yoga instructor?**

A: Look for instructors who emphasize inclusivity, body positivity, and offer plenty of modifications. Reading studio reviews, checking instructor bios, or calling the studio beforehand to inquire about their approach to teaching diverse body types are good strategies. Consider attending a beginner-specific or gentle yoga class first.

## **Q: Can yoga help with joint pain for plus size individuals?**

A: Yes, yoga can be very beneficial for joint pain. Gentle, low-impact movements can help lubricate the joints, increase flexibility, and strengthen the muscles that support the joints. Modifications and props are essential to ensure poses are practiced safely and comfortably for individuals with joint concerns.

## **Q: What are the mental health benefits of yoga for plus size beginners?**

A: Yoga offers significant mental health benefits, including stress reduction, improved mood, decreased anxiety, and enhanced self-esteem. The mindfulness and breathwork components can help quiet a busy mind, foster self-acceptance, and promote a more positive outlook.

## **[Yoga For Beginners Plus Size](#)**

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**yoga for beginners plus size:** *Big & Bold* Laura Burns, 2022 *Big & Bold: Yoga for the Plus-Size Woman* presents a variety of yoga poses and variations to empower plus-size women to fully experience the physical and mental benefits of yoga practice. Sample sequences of four energizing practices and four relaxing practices target specific objectives.

**yoga for beginners plus size: A Beginner's Guide to the Roots of Yoga** Nikita Desai, 2025-01-30 'Crucial and timely' - VEX KING Learn how to incorporate traditional yoga into your modern practice - and feel the benefits. Yoga in its authentic form is focused on inclusivity, inner work and peace. But the yoga that is practised in the Western world has got a little lost along the way... Join Nikita Desai on her mission to help us understand yoga beyond the physical poses and pricey outfits that we're so familiar with today. Drawing on research and teachings from ancient sources, Desai helps us navigate this complex practice as we learn how to: - Unpick the problems in modern yoga - Understand the fundamentals of what yoga is in its truest form - Explore key yogic texts and gurus to support our learning - Add in practical elements of traditional yoga to our current practice, both on and off the mat. *A Beginner's Guide to the Roots of Yoga* is the essential companion

for anyone who wants to practise yoga respectfully and fully.

**yoga for beginners plus size: Big Yoga** Meera Patricia Kerr, 2012-05-28 Winner of the IBPA Benjamin Franklin Award for Best Health Title If you think yoga is only for skinny young things, you need to think again. To expert Meera Patricia Kerr, yoga can and should be used by everyone—especially plus-size individuals. In her new book, *Big Yoga*, Meera shares the unique yoga program she developed for all those who think that yoga is not for them. Part One of *Big Yoga* begins with a clear explanation of what yoga is, what benefits it offers, and how it can fit into anyone's life. Included is an important discussion of selfimage. The book goes on to provide practical information regarding clothing, mats, and suitable environments, and to emphasize the need to begin with care. Part Two offers over forty different exercises specifically designed to work with bigger bodies. In each case, the author explains the technique, details its advantages, and offers step-by-step instructions along with easy-to-follow photographs. If you have thought that yoga is not for you, pick up *Big Yoga* and let Meera Patricia Kerr help you become more confident and relaxed than you may have ever thought possible.

**yoga for beginners plus size: Big Gal Yoga** Valerie Sagun, 2017-07-25 Social media star Valerie Sagun is a powerful voice in the body positive movement. With more than 100,000 avid followers on Instagram and a constant stream of highly engaged traffic on her website, fans adore Valerie for her fearless acceptance of her beautiful body, her encouragement of self-love, and her phenomenal yoga skills. Valerie, her yoga practice, and her body positive campaign have been featured in *People*, *Glamour*, *Marie Claire*, *Buzzfeed*, *Redbook*, and more, where she's been celebrated for her exciting messages about self-acceptance-both on the mat and off. Now, in this complete guide, Valerie provides both inspiration and customized instructions for yogis of all sizes and shapes, along with passionate encouragement to help readers discover newfound confidence through the transformative power of yoga.

**yoga for beginners plus size: Yoga Journal** , 2003-12 For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

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**yoga for beginners plus size: Teaching Body Positive Yoga** Donna Noble, 2022-08-18 Donna Noble draws on years of experience teaching body positive yoga to help yoga teachers host truly inclusive classes. Covering the philosophy and history of the body positivity movement, as well as providing tips on language, touch, modifications for larger bodies and marketing for body-positive yoga classes, this is an inspiring resource for yoga teachers and trainees.

**yoga for beginners plus size: Fifty Places to Practice Yoga Before You Die** Chris Santella, Diana Helmuth, 2021-11-23 The author of the bestselling *Fifty Places* series returns with a collection

of the most meditative and relaxing locales for every type of yoga practice Fifty Places to Practice Yoga Before You Die is the seventeenth entry in Chris Santella's bestselling Fifty Places series. The book shares yogis' recommendations for the best and most beautiful places to do yoga as well as tips for how to plan the trip. It covers a variety of venues around the world that cater to many different classes and styles of yoga, including Anusara, Ashtanga, Bikram, hot yoga, Iyengar, Restorative, and Vinyasa. The following breathtaking, diverse locales are explored throughout: Haines, Alaska - Lake Louise, Alberta - Antarctic Peninsula, Antarctica - Sedona, Arizona - Melbourne, Australia - Uluru, Australia - Austria, St. Anton - Nassau, Bahamas - Paro, Bhutan - Welgevonden Game Reserve/Tuli Reserve, Botswana - Salt Spring Island, British Columbia - Joshua Tree, California - Los Angeles, California - Ojai, California - San Francisco, California - Watsonville, California - Siem Reap, Cambodia - Torres Del Paine, Chile - Denver, Colorado - Nosara, Costa Rica - Malta, Europe - Islamorada, Florida - Lake Atlan, Guatemala - Kapaau, Hawaii - Maui, Hawaii - Goa, India - Mysore (Mysuru), India - Pune, India - Rishikesh, India - Bali, Indonesia - Val de Chio, Italy - Boston, Massachusetts - Stockbridge, Massachusetts - Tulum, Mexico - Helena, Montana - Taghazout, Morocco - Bagan, Myanmar - Pokhara, Nepal - Glenorchy, New Zealand - Popoyo, Nicaragua - Valdres, Norway - Palmer Rapids, Ontario - John Day River, Oregon - Oregon City, Oregon - The Sacred Valley, Peru - Siargao, Philippines - Olhão, Portugal - Unawatuna, Sri Lanka - Kho Phangan, Thailand - London, United Kingdom

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