CourseMints

GUIDE

Beginner Yoga Routine

14-Day Flexibility and Relaxation Program

CourseMints

Beginner Yoga Routine

14-Day Flexibility and Relaxation Program

COPYRIGHT

© 2026 CourseMints. Published by Morvex Corporation Limited, Studio No. 28, 2 Old Brompton Road, London, England, SW7 3DQ. Registry Nr: 17034959. info@coursemints.com

All rights reserved. No part of this guide may be reproduced, stored or transmitted in any form without written permission from the publisher, except as allowed by the license below.

YOUR LICENSE

This guide is licensed to the buyer for personal use. You may download it, read it on any of your devices and print as many copies as you need for yourself. Please do not resell, share, upload or redistribute it, in whole or in part.

DISCLAIMER

This guide is for educational purposes only and is not medical advice. It does not diagnose, treat or replace care from a qualified health professional. Talk to your doctor before you change any treatment, medication or care plan, and get help promptly for any symptom that worries you.

INSIDE THIS GUIDE

Contents

	How to Use This Guide	4
	Before You Begin: Safe Practice	6
CHAPTER 1	**What Yoga Can and Cannot Do in 14 Days**	10
CHAPTER 2	**Breathing, the Foundation**	13
CHAPTER 3	**Alignment Basics: Reading the Cues**	18
CHAPTER 4	**Standing Poses**	22
CHAPTER 5	**Poses on Hands and Knees**	28
CHAPTER 6	**Seated Poses, Gentle Backbends and Twists**	33
CHAPTER 7	**Lying-Down and Restorative Poses**	39
CHAPTER 8	**Adapting Yoga to Your Body**	45
CHAPTER 9	**Your 14-Day Program**	48
CHAPTER 10	**After Day 14**	53
	Appendix: Pose Index	56

How to Use This Guide

This guide and its companion cards give you a complete beginner's yoga practice for 14 days: gentle flows, simple breathing practices and restful supported poses, introduced a few at a time so that each day builds on the last. You need no experience, no flexibility and no special equipment. Most sessions take 12 to 30 minutes.

The companion **Beginner Yoga Practice Cards** give you one printable card per day, listing every pose in order with how long to hold it and its key cue, plus a check-in tracker for flexibility, balance and calm. This guide is the manual behind the cards: it explains how to breathe, how to read alignment cues, and exactly how to get into and out of every pose safely.

Suggested order

1. Read Before You Begin and Chapters 1 to 3 before Day 1. They take about 40 minutes and make every pose easier.
2. Do the starting check-in on your cards (Day 0). Chapter 9 explains each check.
3. Each day, look at the day's card. Anything listed under **New today** is described in this guide (poses in Chapters 4 to 7, breathing in Chapter 2, the flows in Chapter 9): read it before you practice, and keep the guide open beside your mat.
4. Use Chapter 8 to adapt any pose for your knees, wrists, back or balance. Chapter 9 explains the 14-day plan and teaches the two flowing sequences, and Chapter 10 shows you how to keep going after Day 14. The Appendix lists every pose on one page.

How the pose descriptions work

There are no photos in this guide, so every pose is described in words, always in the same order:

- **Setup:** where your feet, hands and props go before you move.
- **Into the pose:** what moves, in what order, and how far.
- **Breathe and hold:** how long to stay, what to feel, and how to come out.
- **Watch for:** the most common mistakes and how to fix them.
- **Gentler:** an easier version, usually with a prop, a wall or a chair.

Read a description through once, then again while you set up. Move slowly enough that you could stop at any moment. If you can, check your shape in a mirror, a dark window or your phone camera propped on a shelf, comparing what you see with the words.

What you need

- [ ] A yoga mat, or a rug or folded blanket that does not slide on your floor
- [ ] Two firm cushions or bed pillows, and one or two folded blankets or large towels
- [ ] A strap: a yoga strap, a dressing gown belt, a long scarf or a rolled towel
- [ ] Two “blocks”: yoga blocks, or two thick hardback books or sturdy boxes about 4 to 6 inches (10 to 15 cm) high
- [ ] A sturdy chair without wheels, and a clear stretch of wall
- [ ] A warm, quiet space as long as your body with your arms overhead, and a timer

> TIP
>
> **About the examples**
>
> The people in the example boxes are composites written to show the method in action. They are not real customers, and their experiences are illustrations, not promises.

CHAPTER 1

What Yoga Can and Cannot Do in 14 Days

01

Yoga is easy to oversell. Two weeks of gentle practice will not transform your body, and it does not need to. What two weeks can do is teach you about 30 poses and a handful of breathing practices, build a daily habit you look forward to, and give you a first real sense of ease in your hips, back and shoulders, and of calm at the end of the day. This chapter explains how that happens, so you know what to look for.

How flexibility improves

When you stretch a muscle, two things limit how far you go: the tissues themselves, and your nervous system, which decides how much stretch feels acceptable before it signals "enough". In the first weeks of regular stretching, much of the improvement comes from the second. Your nervous system learns that the position is safe and lets you go further with less discomfort, which researchers call increased **stretch tolerance**. Changes in the muscles and connective tissue themselves take longer: many weeks to months of regular practice.

That has three practical consequences:

1. **Relaxed stretching beats forced stretching.** Pushing hard and holding your breath tells your nervous system the position is a threat. Breathing slowly at a moderate stretch tells it the opposite.
2. **Frequency beats intensity.** A short practice every day sends the "this is safe" message more often than one long session a week.
3. **Early gains are real but fragile.** Stop for a month and much of the early range fades. Keep going and it builds.

Strength and balance

Holding chair pose, warrior II or a lunge asks your leg and trunk muscles to work for 20 to 40 seconds at a time, and balancing poses train the small corrections your ankles and hips make to keep you upright. Gentle yoga does not replace strength training, but beginners usually find their legs working harder than they expected, and balance improves with practice.

Calm

Yoga combines three things that tend to quiet the body's stress response: slow breathing with longer exhales, attention on physical sensation rather than on worries, and the release of muscle tension. Many people find that they feel calmer after a session and fall asleep more easily on days they practice.

THE SCIENCE

What the research says

Clinical trials of yoga have found modest improvements in flexibility, balance, perceived stress and anxiety compared with doing nothing, and for chronic low back pain the American College of Physicians' 2017 guideline lists yoga among the non-drug treatments to try first. Many yoga studies are small, short and hard to blind, so the evidence is promising rather than conclusive, and yoga rarely beats other kinds of exercise head to head. Treat it as one good way to move and unwind, not as a cure.

What 14 days can and cannot do

Realistic in 14 days	Takes longer, or is not what yoga does
Learning the main beginner poses and how to adapt them	Dramatic changes in flexibility, such as touching your toes if you are far from it now
A daily habit of 12 to 30 minutes	Weight loss: gentle yoga burns relatively few calories

Realistic in 14 days	Takes longer, or is not what yoga does
More ease in the movements you practice every day	Curing back pain, anxiety or any medical condition
Feeling calmer after each session, and steadier in the poses you repeat	“Detoxing” your organs (twists do not wring out toxins), or permanently correcting your posture

EXAMPLE

Dana sets her expectations

Dana, 47, is stiff after years of desk work. Her starting check-in: fingertips at mid-shin in the forward reach and 8 seconds in tree pose on her left leg. She practices 15 minutes each evening. On Day 14 her fingertips reach a couple of inches lower, she holds tree pose for 25 seconds, and the change she notices most is how much easier it is to switch off in the evening. Her hamstrings will take months to change. Her habit took two weeks.

EXERCISE

Why you are here

What made you want to start yoga now? What would you like to feel more of, or less of?

Which part of your body feels stiffest, and when do you notice it most?

KEY TAKEAWAYS

- Early flexibility gains come mostly from stretch tolerance: relax, and practice often.
- Gentle yoga builds balance and some strength; slow breathing calms you down.
- Fourteen days builds skills and a habit. Big flexibility changes take months.

CourseMints

PLANNER

Beginner Yoga Practice Cards

14 Daily Practice Cards and Flexibility Tracker

COMPANION TO BEGINNER YOGA ROUTINE

INSIDE THIS PLANNER

Contents

	How to Use These Cards	4
WEEK 1	**Foundations**	6
WEEK 2	**Flowing**	13

WEEK 1

Foundations

1

Day 1: Arrive and Breathe

Time: about 12 minutes. **You need:** mat, folded blanket, cushion. **New today:** every pose. Read each one in the guide first (Chapters 2 and 4 to 7).

#	Pose or practice	Hold	Key cue
1	Easy seat, notice the breath	1 minute	Sit on a blanket, knees below hips
2	Belly breathing, lying down	10 breaths	Belly hand rises, chest hand stays still
3	Knees to chest	5 breaths	Head stays down; rock gently
4	Cat-cow	6 rounds	Inhale cow, exhale cat
5	Child’s pose	5 breaths	Knees wide, forehead on a cushion
6	Mountain pose	5 breaths	Soft knees, weight even on both feet
7	Standing forward fold	5 breaths	Knees bent, belly to thighs; rise slowly
8	Supine twist	5 breaths each side	Both shoulders stay heavy
9	Relaxation pose	3 minutes	Cushion under knees, blanket over you

Short on time? 2, 4 and 5, then 2 minutes of relaxation.

☐ Done **Calm before:** _____ **Calm after:** _____

What I noticed: