



3 Tips from Yoga Experts for Each Yogi Level

Beginner, Intermediate, & Advanced



Top 3 Tips for *Beginners* from Yoga Experts

1. Practice at least three times a week. The more often you practice, the easier it will be, and the more drastic the changes.

Jackie Wheeler, 23-year practitioner, Teacher for 20 years, Owner of Mountain Yoga Sandy

2. Keep going, especially when you feel uncomfortable.

Kacie Pinder, 12-year practitioner, Teacher for 8 years, Owner of 7 Sacred Spaces, Teacher at Core Power Yoga

3. Breathe, focus on what you can do, and develop a routine that works for you so the practice is consistent.

Charese Petersen, 10-year Practitioner, Teacher for 6 years, Teacher at Brick Canvas and Higher Ground, Regional yoga champion



Top 3 Tips for *Intermediates* from Yoga Experts

1. Meet yourself where you are and stay consistent, practicing at least five times a week.

Brandylyn, 21-year practitioner, Teacher for 15 years, Owner of Ivy Standard, Teacher at Brick Canvas, International yoga champion

2. Pause as you get deeper into poses and breathe. Allow yourself time to find the depth.

Jen, 22-year practitioner, Teacher for 7 years, Manager at Mountain Yoga Sandy

3. Level up to challenge yourself.

Kacie Pinder, 12-year Practitioner, Teacher for 8 years, Owner of 7 Sacred Spaces, Teacher at Core Power Yoga

Top 3 Tips for the *Advanced* from Yoga Experts

1. Keep perspective on why you practice yoga. Is it for performance? Or to harmonize your inner world with your outer world?

Jackie Wheeler, 23-year practitioner, Teacher for 20 years, Owner of Mountain Yoga Sandy

2. Find a teacher you trust and stick with them. At this level of practice, you need a system and a teacher that can help you grow.

Brandylyn, 21-year practitioner, Teacher for 15 years, Owner of Ivy Standard, Teacher at Brick Canvas, International yoga champion

3. Keep a solid foundational practice. Let your practice be a helpful addition to your life so that everything is balanced. Yoga postures are a small part of the whole that is your yoga practice.

Charese Petersen, 10-year practitioner, Teacher for 6 years, Teacher at Brick Canvas and Higher Ground, Regional yoga champion



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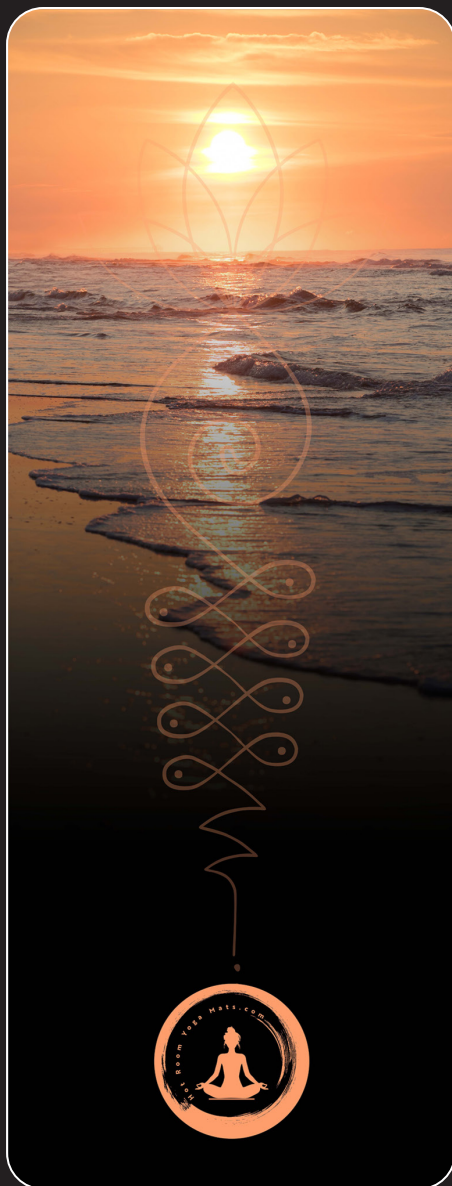
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—Gillian Hunter, *Founder*

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