



INSIDE TIPS FROM LOCAL BEAUTY EXPERTS



HANNAH WILLMAN
YOGA INSTRUCTOR

“IMPROVING YOUR YOGA PRACTICE”

- 🌸 Remember to wear comfortable, functional clothing when practicing yoga. Apparel should be form fitting, but not so tight that it inhibits the breath.
- 🌸 It is important to remove your socks when practicing yoga so that your feet “stick” to the mat. This also allows the toes to separate for greater balance.
- 🌸 When choosing your yoga mat, select a thickness – either 1/8 or 1/4 inch – based on the comfort level of your bones pressing into the practice area’s surface.
- 🌸 Practicing yoga even 15 minutes a day at home can greatly improve your flexibility and awareness. Allow your practice to blossom gradually into longer sessions as you gain a deeper appreciation of the mind and body.
- 🌸 It is important to choose a time – such as the early morning – to practice yoga, when the mind is least likely to be distracted by the events of your day.
- 🌸 Avoid eating at least two hours before yoga, since asana practice can interrupt the digestive process. If you experience low blood sugar, try a fruit juice or other liquid to keep the body satisfied.
- 🌸 When working with the breath, allow your abdominals to release and the belly to expand on your inhale in order to make room for nourishing oxygen to enter the lungs.

Hannah Willman has been practicing and teaching yoga across the U.S. for almost 10 years. She currently teaches in the Washington area at a variety of gyms, small businesses and personal homes. You can find out more about her at www.comehometoyoga.com.