



# Introduction to the basic exercises

**As I have already mentioned, Yoga is a vast subject on many levels of our life and everyday living. During these six weeks, I will touch some of the subjects and they will also be unfolded in future courses.**

**Let me just kick off this module by making a few points about what yoga is not!**

**You do not need fancy yoga equipment in order to do yoga.**

**Simple loose clothing and a carpet are fine.**

**There's no need for a clinically clean and bright room full of incense and orchids. Actually, creating the idea that you can only do yoga in certain places or circumstances is very limiting for your yoga practice.**

**This weeks challenge for you is to get accustomed and comfortable with practicing the exercises anywhere possible. Focusing on the exercises and the breath and not on the surroundings. If it is messy or noisy, embrace it and let go of any irritation and frustration while you go through the exercises and connect to your body.**

**Remember that you can share your experience and emotions in our forum.**

**I wish you all a wonderful week and encourage you to do the exercises at least once a day.**

**Enjoy the videos!**

**Govind**