



The BearSoul Path

4-Week Beginners Yoga Journey

Step gently, breathe deeply, and trust your path

BearSoul

WELLBEING



WELCOME TO THE BEARSOUL PATH

Dear Soul,
Welcome to your Beginners Yoga Journey with BearSoul Wellbeing.

This workbook has been lovingly created to accompany you through your four-week path into yoga. It is here to support you as you learn, grow, and reflect — step by step, breath by breath.

How to Use This Workbook

Each week you'll find:

- 🌿 A theme to focus your practice
- 🌿 A simple sequence of poses
- 🌿 Journaling prompts to guide your reflection
- 🌿 Space for your own notes, feelings, and insights.

Setting Your Intention

Before you begin, take a quiet moment. Close your eyes, soften your breath, and ask yourself:

What do I hope to gain from this journey?

Write it down, sketch it, or simply hold it in your heart. This intention will become your compass, gently guiding you throughout the weeks ahead.

A Note from Gem 🌿

Yoga is not about touching your toes or making a perfect shape — it's about connection.

Connection to your body, your breath, your inner stillness. Let go of comparison, and allow your practice to be exactly what it needs to be for you.

With warmth and light,

Gem

WEEK 1 – FOUNDATIONS & BREATH



*Every journey begins with a
single breath*

Theme:

Introduction to yoga, basic alignment, and connection to breath.

Focus:

Learning to move with awareness.

Key Poses:

- Easy Seated (Sukhasana) + Breath Awareness
- Cat-Cow (Marjaryasana/Bitilasana)
- Child's Pose (Balasana)
- Mountain Pose (Tadasana)
- Standing Forward Fold (Uttanasana)
- Low Lunge (Anjaneyasana)
- Corpse Pose (Savasana)

Notes

WEEK 2 – GROUNDING & BALANCE



*Like the roots of a tree,
steadiness comes from within.*

Theme:

Building strength through grounding, learning simple balances.

Focus:

Finding stability through feet and core.

Key Poses:

- Week 1 warm-ups
- Warrior II (Virabhadrasana II)
- Triangle Pose (Trikonasana)
- Tree Pose (Vrksasana)
- Bridge Pose (Setu Bandhasana)
- Supine Twist (Supta Matsyendrasana)
- Savasana

Notes

WEEK 3 – STRENGTH & STABILITY



Strength is not force, but the quiet confidence to hold yourself with grace

Theme:

Engaging core + introducing plank variations.

Focus:

Building inner strength.

Key Poses:

- Week 2 warm-ups
- Plank (Kumbhakasana) – modified on knees
- Downward Dog (Adho Mukha Svanasana)
- Warrior I (Virabhadrasana I)
- Chair Pose (Utkatasana)
- Sphinx Pose (Salamba Bhujangasana variation)
- Happy Baby (Ananda Balasana)
- Savasana

Notes

WEEK 4 – OPENNESS & FLEXIBILITY



*When the body softens,
the heart opens.*

Theme:

Gentle backbends + hip openers.

Focus:

Creating space in body + breath.

Key Poses:

- Week 3 warm-ups
- Cobra Pose (Bhujangasana)
- Low Lunge with Side Stretch
- Pigeon Pose (Eka Pada Rajakapotasana prep)
– with props for support
- Seated Forward Fold (Paschimottanasana)
- Reclined Bound Angle (Supta Baddha
Konasana)
- Savasana

Notes

EXTRA NOTES



- I encourage you to take 2–3 practices per week for best results.
- We'll end each session with at least 10 minutes of relaxation.
- Props (blocks, cushions, straps) can make poses more accessible - we'll learn how these can support our practice.
- Journaling after practice can deepen reflection:
"How do I feel physically, mentally, emotionally right now?"

Notes



CLOSING NOTE

This path is yours now — keep walking it, one breath at a time.

Dear Soul,
Congratulations on completing
The BearSoul Path Beginner's Yoga
Journey.

Over these four weeks you have shown
up for yourself — in movement, in
stillness, in curiosity, and in courage. This
is only the beginning of your yoga
journey, and every practice, no matter
how small, continues to nurture your
strength, balance, and inner peace.

Remember, yoga isn't about perfection or
how the pose looks. It is about connection
— to your body, your breath, and your
own sense of presence. Keep practicing in
ways that feel good to you, whether that's
joining a class, following a short sequence
at home, or simply pausing to take a
mindful breath - may our paths cross on
the mat soon.

With gratitude for walking this path,
With warmth,
Gem x



NEXT STEPS ON YOUR JOURNEY

✿ Reflect

Take a moment to write down what you've learned and how you've changed through this journey.

✿ Commit

Decide how you'd like yoga to stay in your life. Is it one class a week? A few minutes of breathing each morning? A regular home practice?

✿ Explore

Try different styles, teachers, or settings. Yoga has many paths — find the ones that light you up.

✿ Stay Connected

You're always welcome to return to BearSoul Wellbeing for ongoing classes, retreats, and community support. Remember your **2 FREE** classes that you can use any time, when you book use code: **ThePath**

Reflection Space

How do I want to carry yoga forward in my daily life?



The BearSoul Path

From my heart to your heart

Cyem xx

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