

YOGA

MASTER YOUR
YOGA PRACTICE:
10 MISTAKES
keeping you stuck
(and how to fix them!)



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introduction.



STOP THE PAIN IN YOUR YOGA PRACTICE!

You love yoga and practice with enthusiasm —
but sometimes you feel pain in your back, shoulders, wrists, or knees. You follow your teachers' cues, you stay consistent...
but you feel stuck. You're not progressing as fast as you'd like — and maybe you're even getting more discomfort instead of more freedom.

You're not alone.

62% of yoga practitioners get injured because of poor alignment or habits that don't fit their body.

The worst part?

Most of them don't even realize they're doing something wrong until the pain sets in.

The **good news** is: just a few mindful adjustments can change everything. This guide was designed to help you correct the most common mistakes, avoid injuries, and get more out of your practice.

No fluff, no complicated anatomy — each mistake comes with a clear explanation and simple, practical solutions you can apply in your next session.

Your body deserves better than unnecessary pain. Follow the advice in this guide and feel the difference right away.

Ready to transform your practice? *Let's begin!* 🚀



MISTAKE #1

FORCING THE POSE INSTEAD OF LISTENING TO YOUR BODY

The problem...

🚩 Many yogis believe that the deeper the pose, the better the result.

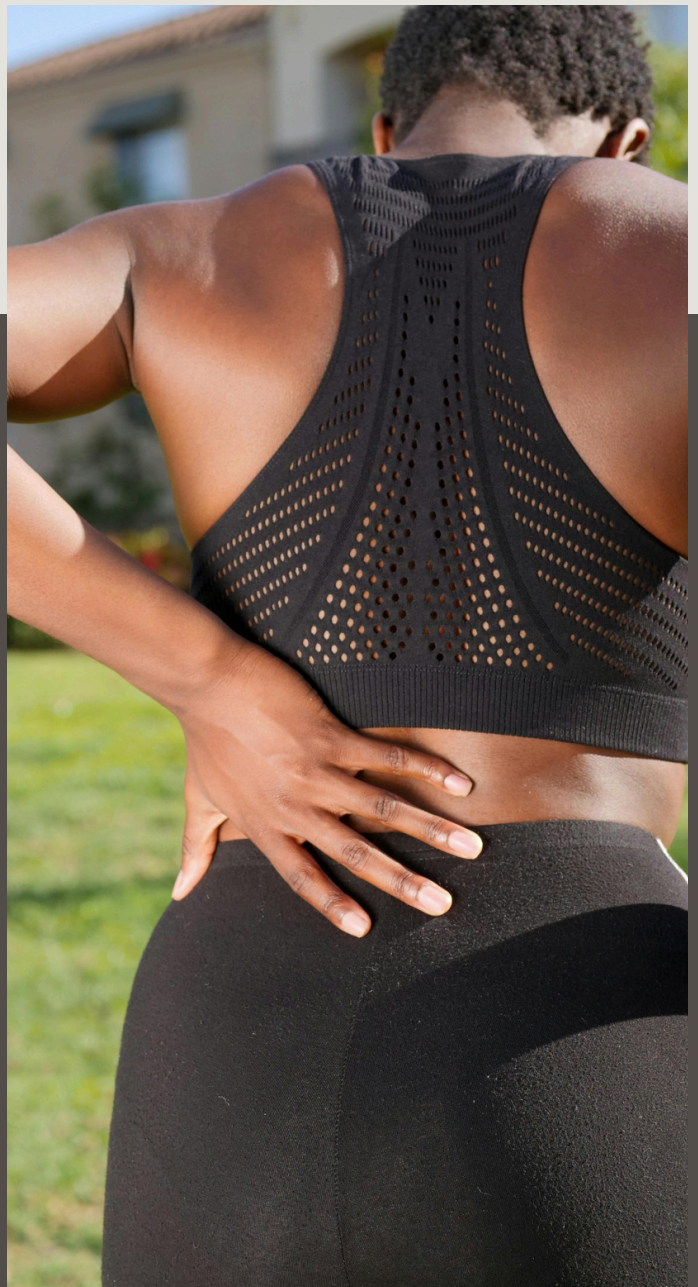
The truth? That mindset leads straight to pain, muscle tension, and injuries.

➡ Common example:

You're in Uttanasana (*standing forward fold*) and you desperately want to touch your toes.

So you pull, you push, you strain... and your back screams in protest. 🔥

📊 A study by Swain & McGwin (2016) found that 62% of yoga-related injuries are caused by poor alignment or overuse.



MISTAKE #1

FORCING THE POSE INSTEAD OF LISTENING TO YOUR BODY



solutions.



ADAPT THE POSE TO YOUR BODY (NOT THE OTHER WAY AROUND)

- ✓ Slightly bend your knees in Uttanasana if your back start to round.
- ✓ Use blocks under your hands instead of forcing to reach the floor.

SLOW DOWN AND LISTEN TO YOUR BODY'S SIGNALS

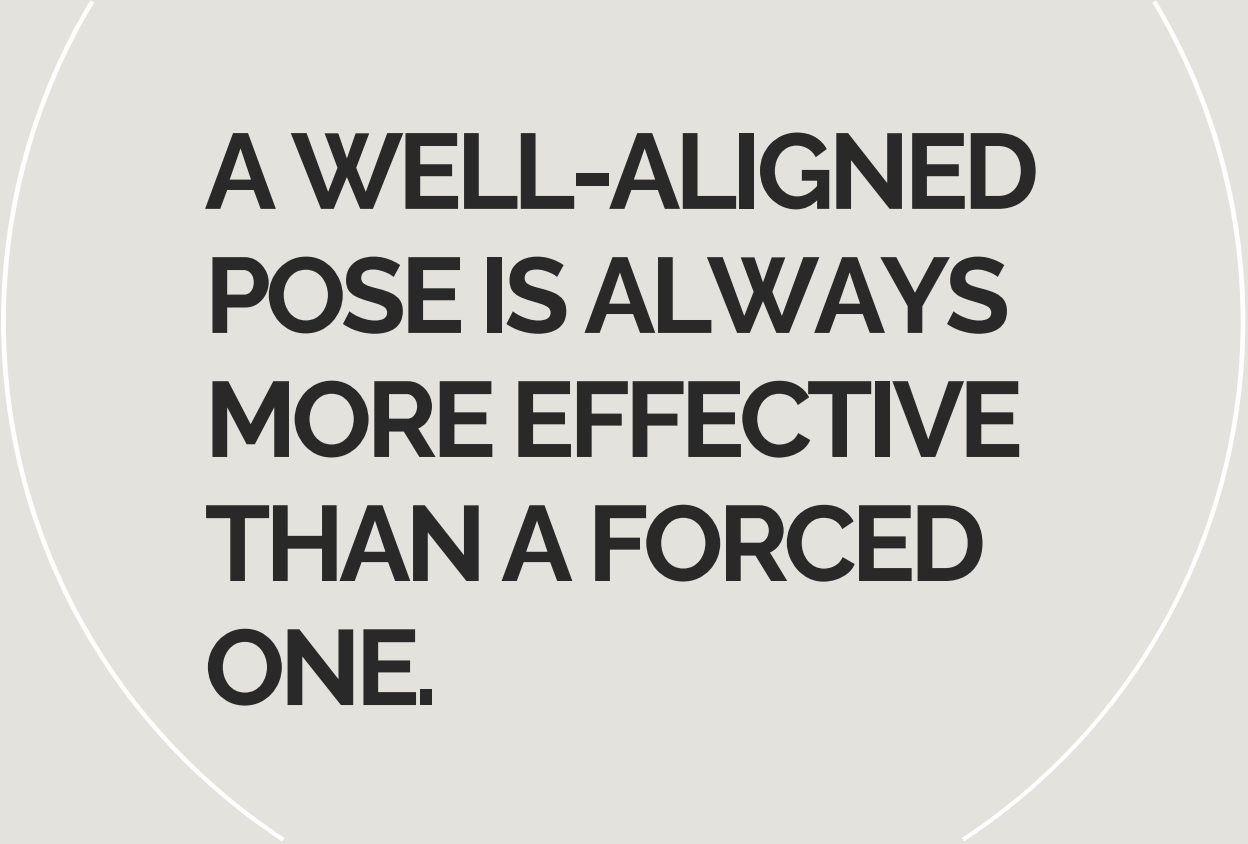
- ✓ A gentle stretch = normal ✓
- ✓ Sharp, shooting or pinching pain = STOP ✗

PRIORITIZE ALIGNMENT OVER DEPTH

- ✓ In Downward Dog: if your back rounds, bend your knees instead of forcing your heels to the floor.
- ✓ In Warrior II: if your front knee goes past your toes, step your back foot wider to protect the joint.



golden rule.



**A WELL-ALIGNED
POSE IS ALWAYS
MORE EFFECTIVE
THAN A FORCED
ONE.**



MISTAKE #2

PUTTING TOO MUCH PRESSURE ON THE WRISTS (*PAIN IN PLANK POSE*)

The problem...

🚩 Many yogis feel wrist pain during weight-bearing poses like Plank, Chaturanga, or Downward-Facing Dog.

➡ Why?

Because the weight isn't distributed properly — it collapses into the wrists instead of being supported by the arms and core.

📊 A study from the Journal of Sports Medicine (Russell et al., 2017) found that 65% of yoga practitioners experience wrist pain due to poor alignment in Chaturanga.



MISTAKE #2

PUTTING TOO MUCH PRESSURE ON THE WRISTS (*PAIN IN PLANK POSE*)



solutions.



ACTIVATE YOUR FINGERS AND SPREAD THE WEIGHT EVENLY

- ✓ Press through the base of your fingers (especially index and thumb) instead of dumping everything into your wrists.
- ✓ Imagine gently “clawing” the mat to engage your muscles.

STRENGTHEN YOUR FOREARMS AND CORE

- ✓ Add these 3 simple exercises:
 - ◆ Wall push-ups (10 reps)
 - ◆ Forearm plank hold (30 seconds)
 - ◆ Wrist flexions and extensions with a small water bottle (10 reps each)

USE PROPS IF NEEDED

- ✓ Place a rolled towel under your palms to reduce wrist pressure.
- ✓ In Downward Dog, try placing blocks under your hands to change the wrist angle and relieve the joint.



golden rule.



**IF YOU FEEL WRIST
PAIN — ADJUST
YOUR ALIGNMENT
IMMEDIATELY!**



MISTAKE #3

OVERARCHING THE LOWER BACK (RISK OF LOWER BACK PAIN)

The problem...

🚩 Many yogis overarch their lower back thinking it improves their posture — but it actually compresses the lumbar spine and can lead to chronic pain.

➡ Common example:

In Cobra Pose (Bhujangasana), you push too much with your hands, lifting too high and crushing your lower back instead of lengthening smoothly.

📊 A study published in the Journal of Bodywork & Movement Therapies (2016) showed that 30% of yoga injuries involve the lumbar area.



MISTAKE #3

**OVERARCHING THE LOWER
BACK (*RISK OF LOWER BACK
PAIN*)**



solutions.



ENGAGE YOUR CORE!

- ✓ Instead of collapsing into your back, gently engage your abdominal muscles to protect your spine.

MODIFY THE POSE

- ✓ If you feel compression, keep a soft bend in your elbows instead of locking them out.

LENGTHEN YOUR SPINE

- ✓ Focus on reaching forward and creating space, not on *"lifting higher."*

golden rule.

**IF YOU FEEL
DISCOMFORT IN
YOUR LOWER
BACK, ADJUST
YOUR POSTURE
RIGHT AWAY!**

MISTAKE #4

AVOIDING BLOCKS OR STRAPS (*EVEN THOUGH THEY HELP YOU PROGRESS*)



The problem...

🚩 Many yogis think props are “for beginners” when in fact they improve alignment and prevent injury.

➡ Common example:

In Trikonasana (*Triangle Pose*), you force your hand to the floor even if your torso collapses and your spine twists.

Result? Lower back compression and poor alignment.

📊 A Yoga Journal survey (2020) showed that 80% of practitioners underestimate the importance of props.



MISTAKE #4

***AVOIDING BLOCKS OR STRAPS
(EVEN THOUGH THEY HELP YOU
PROGRESS)***



solutions.



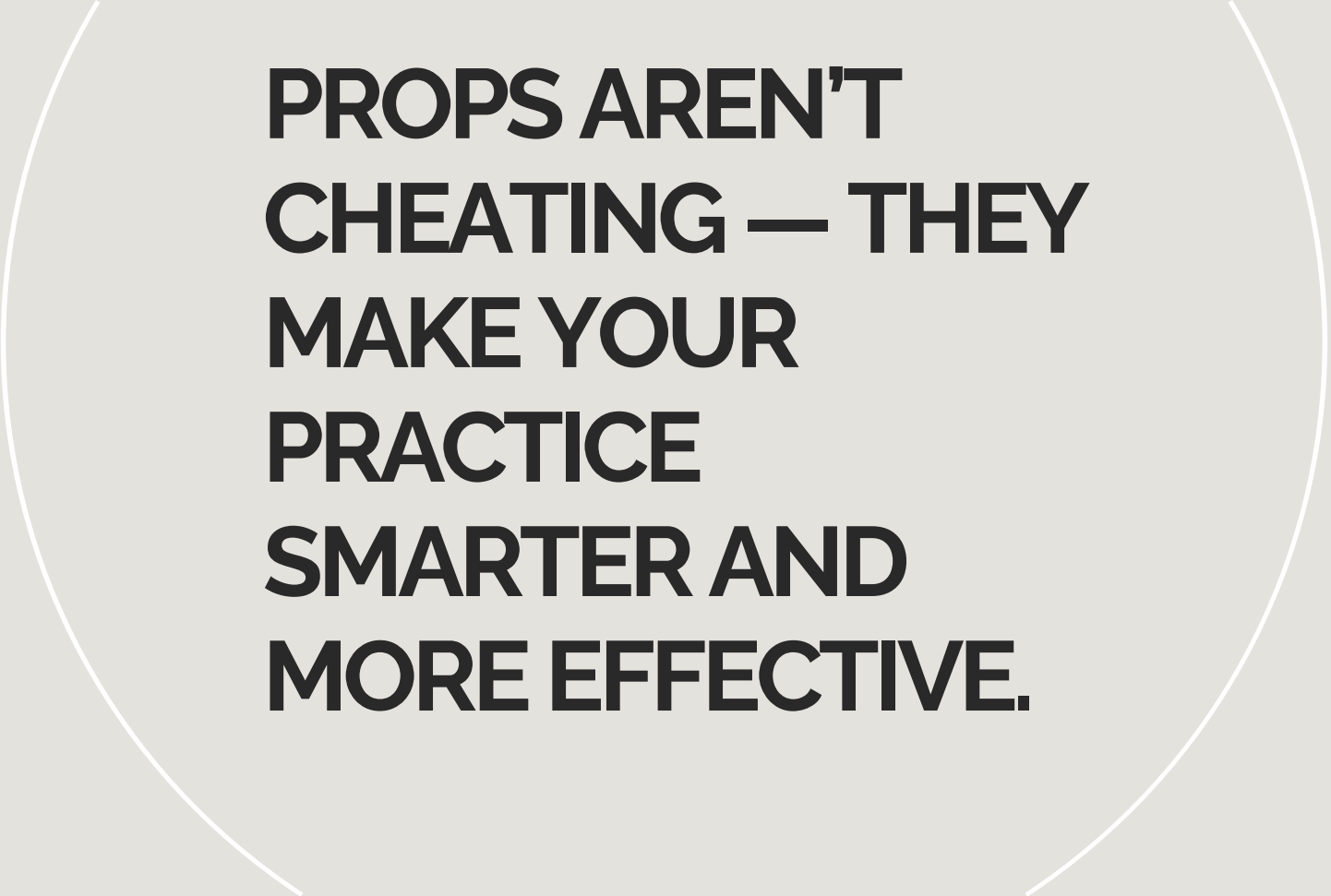
Use blocks under your hands in Trikonasana. This helps keep your spine long and your hips open, without straining your lower back.

Use a strap in seated forward folds. Especially in Paschimottanasana (*Seated Forward Bend*) — it helps you progress safely without forcing your flexibility.

Elevate your hips with a cushion in cross-legged poses. It releases pressure from the knees and supports better posture.



golden rule.



**PROPS AREN'T
CHEATING — THEY
MAKE YOUR
PRACTICE
SMARTER AND
MORE EFFECTIVE.**



MISTAKE #5

SHALLOW BREATHING (*MISUSING THE PRANAYAMA*)

The problem...

🚩 Breath is the engine of yoga — but many practitioners breathe too fast, too shallow, or unconsciously hold their breath.

➡ Common example:

In Warrior II, you focus so much on the effort that your breathing becomes short and uneven. Result? Tight muscles and faster fatigue.

📊 A Harvard University study (Jerath et al., 2006) found that 75% of beginners breathe inefficiently during yoga practice.



MISTAKE #5

SHALLOW BREATHING

(MISUSING THE PRANAYAMA)



solutions.



PRACTICE UJJAYI BREATHING

✓ Deep, slow, controlled breathing through the nose — it helps you stay calm and centered.

COORDINATE BREATH AND MOVEMENT

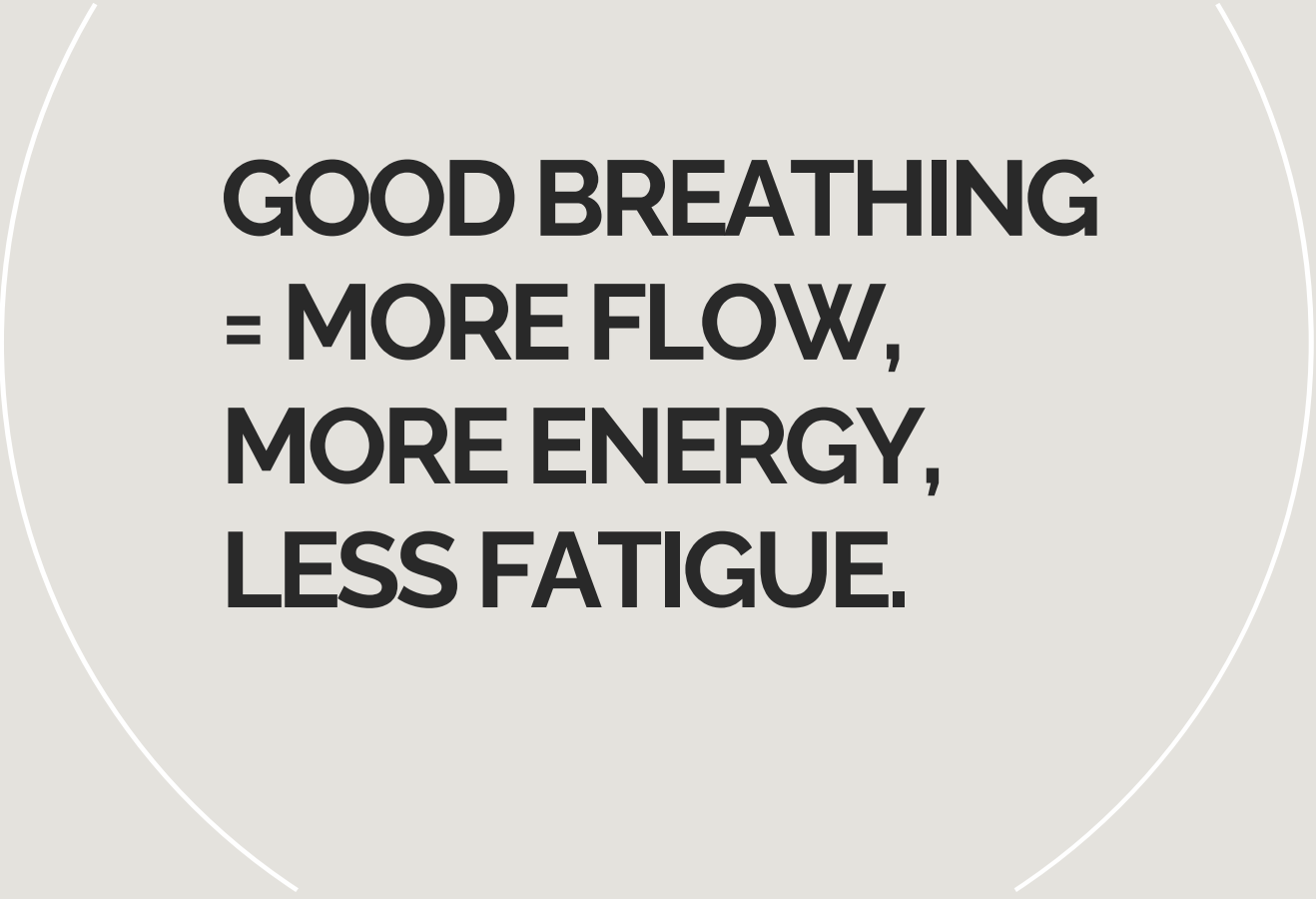
- ✓ Inhale as you reach upward, exhale as you ground down.
- ✓ Inhale to open, exhale to close — find the rhythm between breath and flow.

TAKE 5 MINUTES OF MINDFUL BREATHING BEFORE EACH SESSION

✓ Center yourself, calm your mind, and prepare your body for practice.



golden rule.



**GOOD BREATHING
= MORE FLOW,
MORE ENERGY,
LESS FATIGUE.**



MISTAKE #6

SKIPPING THE WARM-UP (RISK OF MUSCLE STRAIN)

The problem...

🚩 Jumping straight into advanced poses without preparing your joints and muscles can lead to pain or injury.

➡ Common example:

You start your session with a deep pose like Dancer Pose without warming up.

Result? Tight hamstrings and wobbly balance.

📊 A study by Claudino et al. (2017) found that warming up reduces the risk of injury by 45% in physical practices.



solutions.



ALWAYS BEGIN WITH 5 MINUTES OF GENTLE WARM-UP

✓ Wrist circles, hip rotations, gentle spinal movements.

FLOW THROUGH A FEW SUN SALUTATIONS

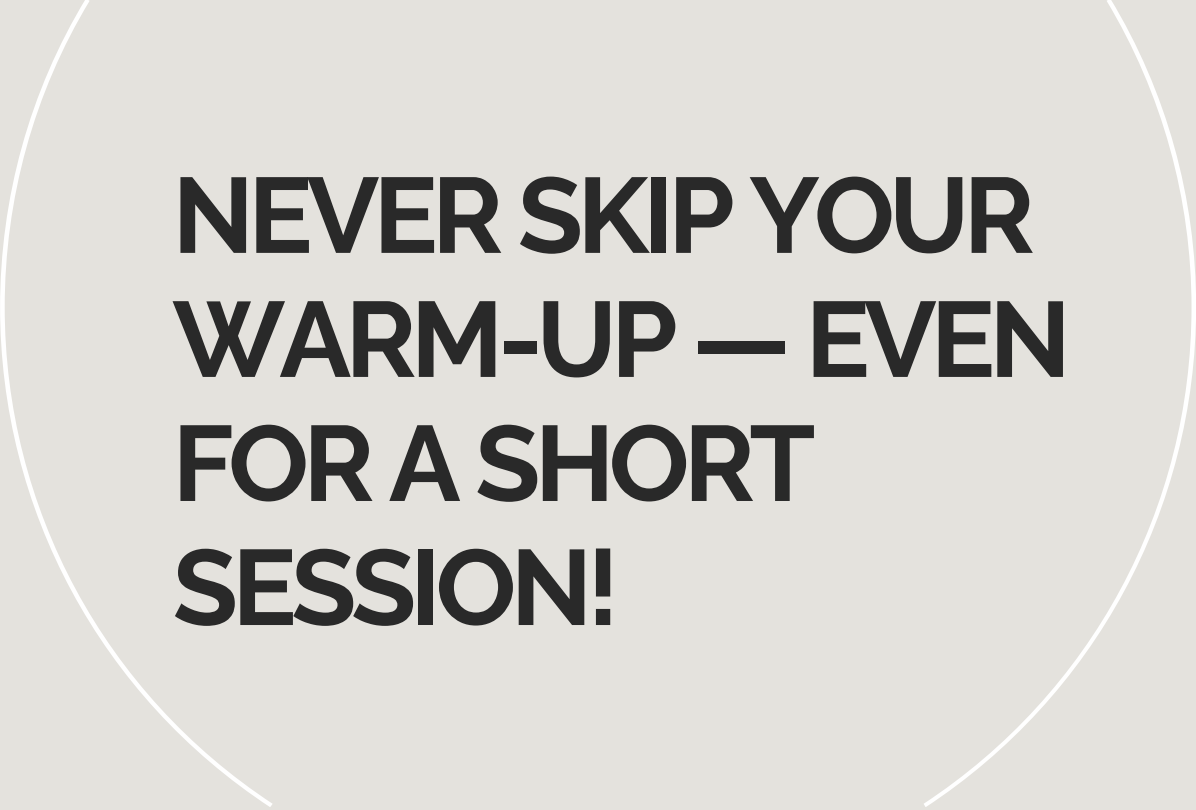
✓ The best way to prepare the entire body before static poses.

WORK ON JOINT MOBILITY

✓ Helps prevent unnecessary tension and stiffness.



golden rule.



**NEVER SKIP YOUR
WARM-UP — EVEN
FOR A SHORT
SESSION!**

MISTAKE #7

HOLDING POSES WITHOUT MUSCLE ENGAGEMENT



The problem...

✳ Many yogis hold poses passively, putting stress on their joints instead of activating stabilizing muscles.

➡ Common example:

In Tree Pose (Vrksasana), you simply place your foot against your leg without engaging your muscles.

Result? Wobbly balance and instability.

🇮🇹 Biomechanics research shows that muscle activation improves balance and reduces the risk of injury in yoga.



MISTAKE #7

HOLDING POSES WITHOUT MUSCLE ENGAGEMENT



solutions.



IN TREE POSE (*VRKSASANA*)

✓ Press your foot against your leg to activate your stabilizers instead of just “holding.”

IN CHATURANGA

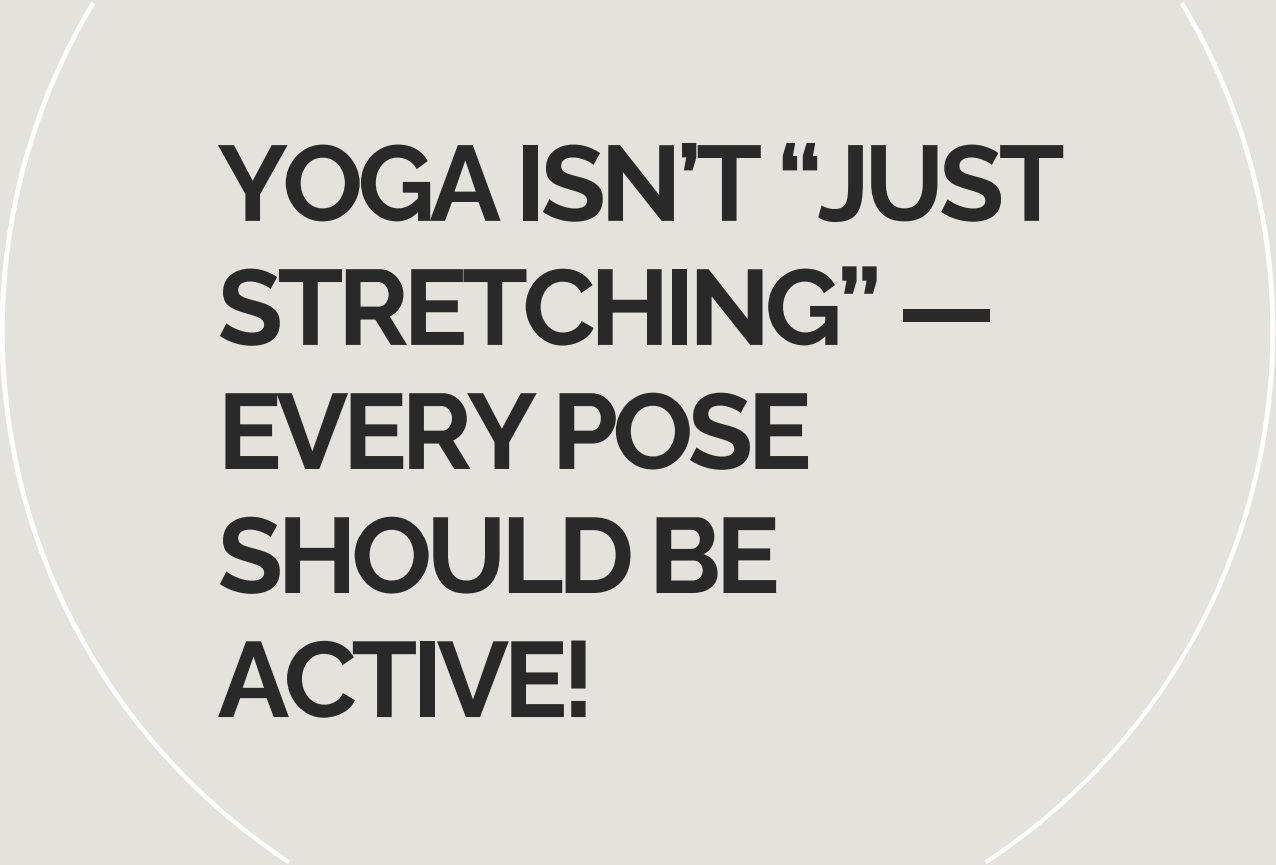
✓ Keep your elbows close and engage your core — don't let your lower back sag.

IN FORWARD FOLDS

✓ Engage your quadriceps to protect your hamstrings.



golden rule.



**YOGA ISN'T "JUST
STRETCHING" —
EVERY POSE
SHOULD BE
ACTIVE!**

MISTAKE #8

SKIPPING FINAL RELAXATION (SAVASANA)



The problem...

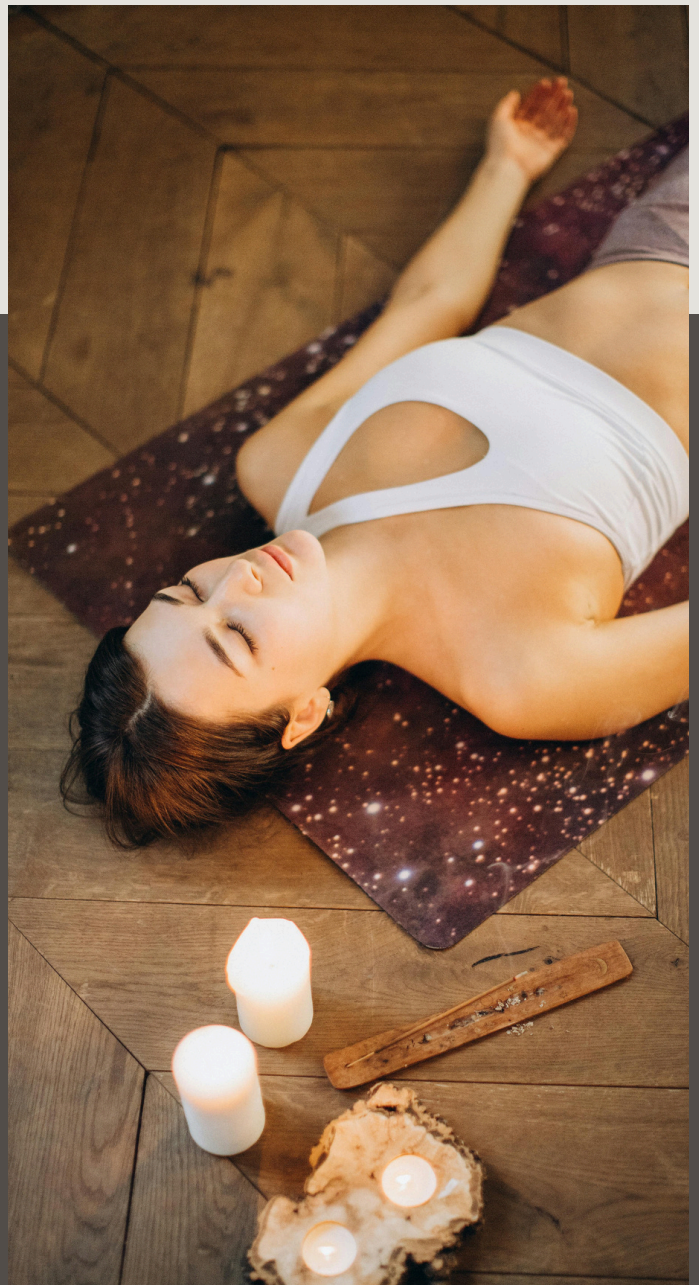
🚩 Many practitioners end their sessions too soon — yet Savasana is essential for integrating all the benefits of your practice.

➡ Common example:

After an intense flow, you roll up your mat without resting.

Result? Your body stays tense and your mind doesn't absorb the benefits.

📊 A study by Goyal et al. (2014) found that just 5 minutes of relaxation after yoga reduces stress by 40%.



MISTAKE #8

SKIPPING FINAL RELAXATION (SAVASANA)



solutions.



TAKE AT LEAST 5 MINUTES IN SAVASANA

✓ LIE DOWN AND ALLOW YOUR BODY TO
FULLY LET GO.

FOCUS ON YOUR BREATH

✓ LET EACH EXHALE RELEASE TENSION
AND EACH INHALE BRING CALM.

TRY A BODY SCAN

✓ OBSERVE YOUR SENSATIONS AND LET
YOUR MIND SETTLE.



golden rule.



***SAVASANA IS YOUR
BODY'S "RESET" —
ESSENTIAL FOR
GROWTH AND
RECOVERY.***



MISTAKE #9

PRACTICING WITHOUT A CONSISTENT ROUTINE

The problem...

🌟 Many people practice irregularly — which slows progress and leads to frustration.

➡ Common example:

You do yoga once a week, then five times the next, then stop for a month.

Result? No visible improvement and a constant feeling of starting over.

📊 The Yoga in America study (2016) found that 42% of practitioners quit due to lack of visible results.



MISTAKE #9

PRACTICING WITHOUT A CONSISTENT ROUTINE



I offer a wide variety of yoga classes on my [YouTube channel](#).
Choose your session based on your energy of the day — whether
you need calm, strength, or flow. 🌿

solutions.



SET A REALISTIC SCHEDULE

✓ For example: 3 sessions of 20 minutes per week.

MIX GENTLE AND DYNAMIC YOGA STYLES

✓ Balance flexibility, strength, and recovery.

TRACK YOUR PROGRESS

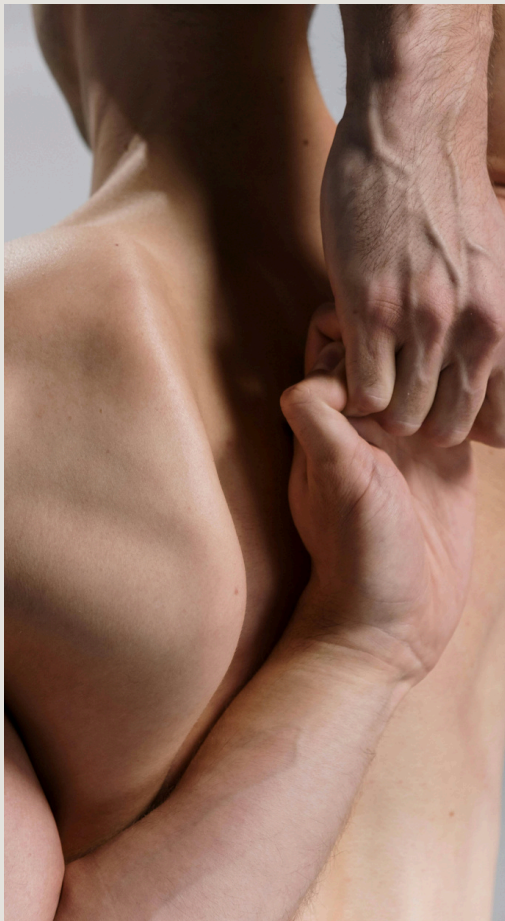
✓ Flexibility, strength, and overall wellbeing — small wins keep you motivated.



golden rule.



**PROGRESS IN
YOGA =
CONSISTENCY,
PATIENCE AND
BODY
AWARENESS.**



MISTAKE #10

IGNORING YOUR BODY TYPE IN POSTURES

The problem...

🚨 Many yogis try to imitate others without considering their own anatomy.

Result? Frustration, pain, or even injury.
Each body is unique — bone structure, flexibility, joint mobility...

What works for someone else might not be right for you.

➡ Common example:

In Pigeon Pose, you try to press your hip to the floor, but your knee feels sharp pain.
Instead of opening your hips, you're straining your joint.

📊 A Science of Yoga (2019) study found that anatomical limitations are often mistaken for lack of flexibility, leading to overexertion and injury.



MISTAKE #10



IGNORING YOUR BODY TYPE IN POSTURES



solutions.



ACCEPT YOUR NATURAL LIMITS

✓ Some movements will be easier for you than others — and that's okay!

ADJUST POSES TO FIT YOUR BODY

✓ Short arms? Use blocks in Chaturanga or Trikonasana.

✓ Tight hips? Sit on a cushion in seated poses.

✓ Stiff back? Avoid extreme backbends like Cobra or Bridge.

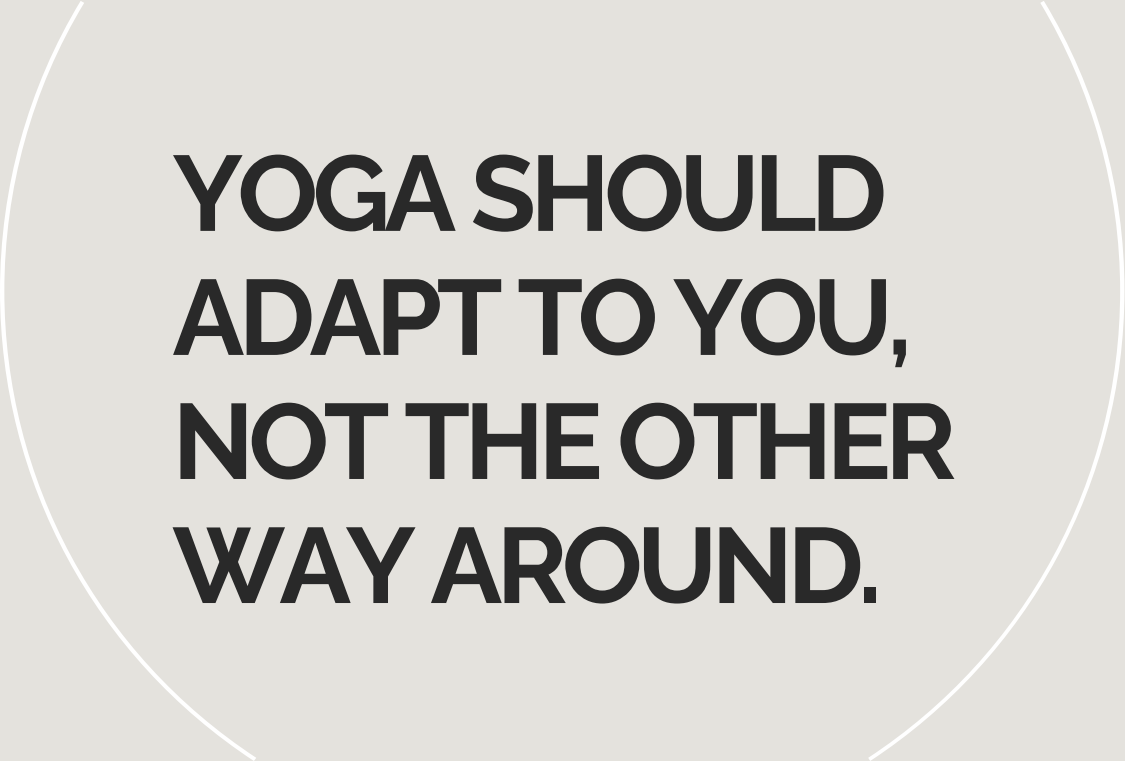
LISTEN TO YOUR BODY'S SIGNALS

✓ GENTLE STRETCH = 

✓ Sharp pain or blockage = 



golden rule.



**YOGA SHOULD
ADAPT TO YOU,
NOT THE OTHER
WAY AROUND.**

conclusion.



Now that you know the 10 most common yoga mistakes — and how to fix them — it's time to take action!

- ✓ Step 1: Identify 3 mistakes you often make.
- ✓ Step 2: Apply the corrections during your next session.
- ✓ Step 3: Revisit this guide until these adjustments become second nature.

Yoga is a practice of awareness and self-respect. By integrating these changes, you'll not only prevent injuries but also progress faster and with more ease.

Remember: it's not about how "deep" your poses are, but about the quality of your alignment and your connection with your body. That's how you'll build a sustainable, joyful, and lifelong yoga practice.

all my links.



🧘 Start my “*Summer Body*” program – **Sculpt & Flow**

A unique blend of Yoga and Pilates for fast, lasting results on your body and your mindset.

✨ Join my Online Yoga program **Yin & Yang**

Say goodbye to chronic fatigue and finally restore your sleep, balance, and daily energy.

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🎥 **Come practice with me on YouTube!**

Every week, I share exclusive videos with guided sessions, tutorials, and practical tips to help you make your practice smoother, safer, and more enjoyable.

*(Please keep in mind that all my work is **in French.**)*

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bonus.



CHECKLIST YOGA SANS DOULEURS

✓ Before practice

- ☐ 5-minute warm-up (mobility, Sun Salutations)
- ☐ Safe, clear practice space (mat + props ready)
- ☐ Set an intention (listen to your body, refine one posture)

✓ During practice

- ☐ Focus on alignment, not depth
- ☐ Maintain steady Ujjayi breath
- ☐ Activate muscles — don't hang into joints
- ☐ Use props wisely — blocks, straps, cushions
- ☐ Don't skip final relaxation

✓ After practice

- ☐ Drink water and stretch gently
- ☐ Reflect on sensations and note your progress
- ☐ Repeat these habits every session 🌿

✨ *Use this checklist everyday and make your practice a moment of pleasure and constant progress.*