

# Best 10 at-home Yoga Workouts

Cooped up at home, stooped over your laptop and feeling a little less limber than you'd like? This unexpected transition to working from home full-time and living under lockdown rules and regulations is having that effect on many of us.

Our schedules are awry and our fitness routines are out of sync while our mental health is compromised by restrictions, isolation, and concerns about the virus. But there's one very easy way to help keep your mental and physical health in check at home. That's by practising yoga during lockdown — without even leaving your home.

Yoga is one of the simplest ways to incorporate some exercise into your daily routine while you're working from home. In fact, the [NCBI](#) published advice that includes a daily hour of yoga to help overcome the impact of lockdown on our mental health. Meditation is another recommended technique as it reduces stress and boosts concentration.

To practice yoga at home, all you need is a slither of space, a mat, and some time. Then, voila, you have your own at-home yoga studio. As long as you approach it carefully, practising yoga poses at home enables you to tend to your mental health while keeping your body supple.

## How to do yoga at home safely

Let's reiterate that: when practicing yoga at home, it's crucial to recognise basic safety and respect the limitations of your own body.

If you are a newbie you might feel nervous about doing yoga at home without the supervision of an expert. Fortunately, there is a wealth of information online in the form of articles about yoga as well as online yoga at home tutorials. We've collated 10 of the best workouts which are all delivered by qualified, experienced yoga instructors. Furthermore, all are suitable for beginners in particular.

However, before you launch your at-home yoga regime please acquaint yourself with our tips for a safe at-home yoga workout.

### Check in with your doctor

Yoga is valued for its positive impact on both physical and mental health. In fact, doctors and psychologists recommend [yoga therapy](#) for a number of medical conditions, ranging from stress management to headaches and asthma. However, before you undertake any physical activity it's important to know your limits.

If you do suffer from any chronic health conditions, always consult your doctor or physician before adopting new exercise. Particularly

in the case of high or low blood pressure, arthritis, or diabetes. In terms of mental health, yoga may complement other treatments but it is not necessarily suitable as the sole therapy for your condition. If you are pregnant or have a current injury, you should also discuss your yogic intentions with your doctor.

## Listen to your body

Yoga is a holistic, low impact workout. As such it is not designed to give you any pain or discomfort. Nor is it intended as a competitive sport. The aim of yoga is to ease you into feeling as comfortable within your body as possible.

If you do feel uncomfortable, then pause your practice (even easier when you're following a video)!

Check that you are following the instructions and are aligned correctly. At-home yoga workouts for beginners usually provide more explanatory details to guide you into each pose to help. This is particularly important if you are practising chaturanga.

## Heed modifications

When it comes to more challenging poses, the yoga instructor will often share modifications. Such examples include performing the likes of lunges and warrior poses while on your knees. Instead of an upward dog, adopt mini cobra. This pose is less impactful and is

more suitable for beginners and anyone with back, shoulder or wrist conditions. If no modification is suggested but the pose feels incompatible with your body then you can adopt a resting pose such as child's pose instead.

## Always warm up and cool down

Approach yoga as you would any exercise — never skip the warm up. All yoga classes begin gently with light stretching and breath work. These articulate the spine and create space in the body. Cool down is just as important so don't skip corpse pose at the end. Your cool down consolidates your practice and relieves the body of any stress from the workout.

## Keep your flow regular

From a scientific perspective, practising yoga on a regular basis is the best way to see results. Depending on your personal goals, you might practice yoga for flexibility and physical strength or for mental health purposes. Try to establish a consistent pattern, experts suggest that [daily practice](#) over an extended period of time is best. If daily practice isn't feasible, choose a thrice or twice weekly dose of gentle yoga. Whatever you do, try stick to a regular pattern.

## Best 10 at-home yoga workouts

Now that you know how to practice yoga at home safely, let's run through some of the best at-home yoga workouts. The following 10 sequences require either no or minimal props and vary from 5 minutes to 1 hour in length. All are led by qualified yoga instructors and are suitable for beginner yogis to try at home. Plus, they're free!

What you will need:

- A yoga mat. If you don't have one then you can pile up a few towels or blankets.
- If you experience sore knees then you can use an additional folded blanket to cushion your joints. Restorative yoga workouts typically recommended this tactic to increase your comfort.
- For some poses, a yoga block is beneficial for an added level of support. A pile of books is an easy substitution.

Without further ado, here are the 10 best at-home yoga workouts.

## 1. Morning Routine ([Sarah Beth Yoga](#))

If you're the kind of person who struggles with getting out of bed, then this energising workout may brighten your morning routine.

Starting your day with even brief at-home yoga routine will encourage your blood to flow and kickstart your metabolism. Yoga exercises also lowers the stress hormone cortisol which can help put you into a positive mindset for the day ahead. So there, morning yoga is the perfect way to use that time spared by commuting to work!

This short and simple morning yoga routine from Sarah Beth Yoga is delivered at a gentle pace. Starting with a deep stretch of the spine, you will gradually work your way down your hips and chest and wake up your entire body. Throughout the sequence, Sarah Beth reminds you to linger on your breaths. The pace is slow-moderate making this ideal yoga for beginners who know the basics.

By the time you complete the final child's pose your morning coffee will have reached the perfect drinking temperature.

Length: 15 minutes

Equipment: None

Yoga instructor: [Sarah Beth Yoga](#)

## 2. Yoga for Neck Pain & Tension ([Yoga with Kassandra](#))

Working from home puts a strain on your mobility. No more walking to the bus stop, waltzing in and out of meeting and squeezing in tea runs to the kitchen. Furthermore, whilst you're working from home,

you might find yourself taking fewer breaks during the day. Experts recommend taking regular breaks throughout the working day, both to let your eyes rest and to reduce a build-up of tension in your muscles. Try to take a break after every hour spent at your computer.

And this brings us to the next routine in our guide to yoga during lockdown. This quick routine by Yoga with Cassandra is a seated sequence which alleviates pain, stiffness and tension in the neck and upper back. With only three poses in the sequence, this is the easiest way to break up your day. Try to practice this series throughout the day to release compression from your upper body. With the exception of the forward fold, you can follow this entire workout seated at your desk.

Length: 5 minutes

Equipment: None

Yoga instructor: [Yoga with Cassandra](#)

### 3. Total Body Yoga -Deep Stretch ([Yoga with Adriene](#))

If you have a full 45 minutes to dedicate to your at-home yoga routine, then take one of Adriene Mishler's fabulous online tutorials. As one of the most popular online yoga teachers on the web, you can take a wide pick of yoga for beginners as well as intermediate and advanced yogis.

This total body sequence will stabilise your joints, boost your flexibility and rebalance your entire body. The practice supports your whole body with particular emphasis on your back, hips and legs. Adriene guides you through alignment and prompts you to take control of your breathing while holding yoga poses. Her tuition is considered and fun as she encourages you to enjoy the practice. We recommend incorporating this practice into your routine once a week while you are working from home.

Dog fans will appreciate the support of Adriene's pooch who makes a cameo in most of her videos — 'Guru' Benji'.

Length: 45 minutes

Equipment: None

Yoga instructor: [Yoga with Adriene](#)

#### 4. Restorative Yoga & Meditation ([Jessica Richburg](#))

If you're looking for the gentlest style of yoga during lockdown then try this restorative yoga routine. Restorative yoga is characterised by holding poses for a longer duration and supporting your body with blankets and cushions. If you suffer from stress, anxiety, or any other mental health condition, restorative yoga is one of the most suitable styles to adopt into your day. It's also recommended for anyone who suffers from chronic pain or an injury.



In Jessica's tutorial, you will hold each pose for around 30 minutes. This lets you settle into the stretches and focus on filling your body with air. Throughout the practice, Jessica offers alternative poses to ensure your comfort and steers your breathing. The slow pace of this class makes it suitable for yoga newcomers. It concludes with a 5-minute guided meditation where you are invited to clear your mind.

Take a pause and reset your mind and body during the day with this routine. Alternatively, use it to mark the end of your working day.

Length: 35 minutes

Equipment: Blanket (optional)

Yoga instructor: [Jessica Richburg](#)

## 5. Chair Yoga Practice ([Yoga by Candace](#))

Chair yoga is a fantastic yoga at-home option for beginners, seniors, or those with an injury. If you struggle to take breaks away from your desk then chair yoga introduces movement to your day.

Essentially, chair yoga modifies conventional yoga exercises and strives to make them more accessible to anyone with a mobility issue. No special equipment is required but for the best results, use an armless chair.

This 10-minute sequence starts with a brief breathing exercise to improve your posture before diving into the poses. You'll stretch your bag and open your hips and shoulders. Towards the end, Candace introduces a passive forward fold to loosen your hamstrings. Forward folds can lessen the impact of too much sitting during the day, which results in tighter and shorter hamstrings. Try to incorporate this routine into your daily routine and see how your body feels after a few days.

Length: 10 minutes

Equipment: Chair

Yoga instructor: [Yoga by Candace](#)

## 6. Yoga Stretches for Back Pain Relief ([PsycheTruth](#))

One downside of working from home that we can all relate to is the inevitable side effect of back pain. As we've mentioned, reduced mobility during the day can really take its toll on your spine.

However, one of the perks of yoga is that it can alleviate the symptoms of back pain. It can even prevent the onset in the first place.

Specifically curated for beginner yogis, the sequence in this workout targets your shoulders, neck and spine. This slow, considered practice is also suitable for sufferers of sciatica. Yoga teacher Jen Hilman talks about the importance of breathing and how breathing exercises can help reduce the likeliness of back pain.

As a pain relief specialist and professional masseuse, Jen also shares some simple 'self-massage' tips to help keep your back pain-free.

Length: 40 minutes

Equipment: None

Yoga instructor: Jen Hilman ([PsycheTruth](#))

## 7. Yoga for Stress & Anxiety Relief ([Five Parks Yoga w/ Erin Sampson](#))

If you wrestle with stress and anxiety, regular yoga practice helps banish the build up of tension in your body from such conditions. Led by yoga teacher Erin Sampson this sequence opens and stretches the areas of the body where physical symptoms tend to manifest. We're talking about the chest, shoulders, upper back and hips.

Erin also introduces some pranayama exercises that reduce stress and cultivate calmness in the body. Firstly, she guides you through *sama vritti* (equal breathing) while in supported fish pose. Towards the end of the practice, she teaches *nadi shodhana* (alternate nostril breathing). These breathing exercises will soothe your central nervous system and help release symptoms of anxiety. We recommend acquainting yourself with these if you are prone to

stress. You can either practice them as part of your yoga at home routine or as a solo entity.

For a shorter alternative, you can try Yoga with Adriene's 20-minute [Yoga to Heal Stress](#).

Length: 1 hour

Equipment: Yoga block (optional)

Yoga instructor: [Erin Sampson](#)

## 8. Yin Yoga - Stretch & Relax for Flexibility ([Brett Larkin Yoga](#))

Yin yoga is a rewarding style of yoga that you can enjoy safely at home. As with restorative yoga, yin is a slower pace and invites you to hold poses for longer than other strands of yoga. Because the yoga exercises practiced in yin target deeper inter-connective tissues and ligaments, it's recommended as an antidote to an intense cardio or HIIT workout.

Alternatively, this yin sequence offers a great form of yoga for relaxation. In this class with Brett Larkin, you'll hold each pose for 45 seconds to 5 minutes. This gives you the chance to really melt into each pose and fine-tune your breathing as you make a connection. Due to the pace, this is another yoga at home routine that is well suited to anyone who encounters anxiety or stress.

Length: 30 minutes

Equipment: Yoga block (optional)

Yoga instructor: [Brett Larkin](#)

## 9. Wind Down Yoga ([Yoga with Adriene](#))

If you absolutely cannot make space for yoga during the day, implementing yoga right before bed will bring some calm to your evening routine. Practising yoga at bedtime is a mindfulness technique that soothes your mind and body. Several studies have indicated that regular yoga practice can [reduce insomnia and improve sleep quality](#).

No matter what time you head to bed, this wind down routine by Adriene is short enough to squeeze in before you switch off the light. It draws out tension and invites your body and mind to decompress and prepare for rest. Most of the practices are performed while on your back so you don't need to worry about using too much energy in your transitions.

Tackle this workout after you've wriggled into your pyjamas and brewed a mug of post-yoga camomile tea.

Length: 12 minutes

Equipment: None

Yoga instructor: [Yoga with Adriene](#)

## 10. Yoga Basics for Beginners ([Alo Yoga](#))

After a short stretch to warm up, this class runs over some of the typical standing yoga poses. As a technical yoga class, the instruction is delivered slowly and aims to clarify any questions you might have about specific poses.

Yoga instructor Calvin Corzine takes the time to explain the best practice for each posture. He discusses how to adapt the pose based on your own body's limits and flexibility.

This at-home yoga workout is suitable for yoga for beginners or anyone who has taken a break from practice and needs a refresh.

Length: 30 minutes

Equipment: Yoga block (optional)

Yoga instructor: Calvin Corzine ([Alo Yoga](#))

That concludes our guide to some of the best yoga at home routines which are suitable to beginners. If you like these practices then you can check out the rest of the videos on your preferred yoga teacher's channel.

Before you leap into *tadasana*, something else you might feel inspired to try at home is *pranayama* — or breathing exercises.

Bonus Routine: Pranayama - An Introduction ([Mind Body Soul](#))

All of the routines we featured touched on the importance of breath work while practicing yoga. Breathing is something we do automatically without even realising we are doing it. After all, it's what keeps us alive. But, once you start practicing yoga then you realise that practising breathing exercises and being more mindful of your breath work comes with just as many benefits as the routines.

Practising breathing exercises encourages you to bring your attention to your breath as a tool. This relaxes the body and enables you to release stress and anxiety. At the same time, pranayama uses your whole lung capacity and strengthens the organs.

Try this introduction to pranayama, led by Aparajita Jamwal. This exercise is practiced while laying down either on your bed or yoga mat with a stack of pillows. This is helpful if you're new to pranayama as it encourages the body to relax more deeply and relinquish any tension. Introduce a regular pranayama practice as part of your at-home yoga regime and notice how it improves your yoga and mindset.

Length: 15 minutes

Equipment: None

Instructor: Aparajita Jamwal ([Mind Body Soul](#))

# Other ways to practice at-home yoga during lockdown

Following a free at-home yoga tutorial is one easily accessible option for practising yoga at home. But, there are a number of other ways you can engage with yoga virtually from your living room.

## Join a local live class

If your local studio is closed, find out whether your usual yoga teachers are offering online yoga classes. You may be able to stream a live class via your laptop or perhaps you can watch a pre-recorded class from your favourite instructor.

## Study your YTT online

If you're an advanced yogi and want to take your practice to the next level, you could consider enrolling in an online Yoga Teacher Training course.

You can study either a 200-hour, 300-hour or even a 500-hour yoga teacher training in the comfort of your own home. This generally includes a combination of live instruction and observation with your tutor and offline study. Studying a YTT online is a rewarding way to



deepen your practice and expand your knowledge about the ancient foundations of yoga.

Although not mandatory to change your career, it opens the door to launching your own business as a yoga teacher further down the line.

## Enrol in an online yoga retreat

Even if the pandemic dashed your dreams of a rejuvenating yoga holiday in Bali or India, a yoga retreat isn't totally off the table. Many exotic yoga retreats around the world have moved their offering online. If you feel the need to detox over the weekend or do something remarkable with your staycation then an online yoga retreat might be the perfect answer.

## Download a yoga app

As an alternative to following our free yoga exercises at home, you could invest in an app. There are a number of subscription-based models to choose from, such as Down Dog and Glo. Apps such as these enable you to customise your at-home yoga routine to suit your level. Choose from active or passive styles, select your favourite voice guide and even request a boost function to target specific parts of your body.

## In conclusion

We hope you feel more confident about how to practice yoga at home safely and that you enjoy the workouts we've shared. Use this time at home to experiment with different styles of yoga — you can even work on your breathing techniques and meditation. If you're a beginner and enjoy practising yoga during lockdown, try to maintain a consistent practice once the world returns to normality.