



Your Essential Yoga Guide: with eMedicard

Discover the complete guide to integrating yoga into your daily life, with expert guidance on nutrition timing, practice environment, and the transformative benefits for your body and mind. eMedicard brings you a holistic approach to wellness through structured, personalised yoga programmes.

When to Eat Around Your Yoga Practice

01

Before Practice

Eat a light, easily digestible meal 30 to 60 minutes before yoga — such as a banana with nuts or a small smoothie — to fuel your energy without causing discomfort during movement.

02

After Practice

Wait at least 30-40 minutes after yoga before enjoying a balanced meal rich in nutrients to support muscle recovery and replenish energy stores.

03

Hydration Protocol

Drink approximately 8 oz of water about an hour before practice, and sip water slowly after yoga to gently replenish fluids without overwhelming your system.



Ideal Meal Timing Examples

- 1 Morning Yoga**
Light breakfast like oatmeal with berries or boiled eggs 60 -90 minutes before practice. Perfect for energising your day whilst maintaining digestive comfort during asanas.
- 2 Mid-Morning Yoga**
Small snack before practice, then enjoy a wholesome lunch 30-40 minutes afterwards. Ideal timing for those fitting yoga into their daily work routine.
- 3 Evening Yoga**
Light dinner such as vegetable soup or quinoa upma after a short wait post-practice. Promotes restful digestion and prepares your body for quality sleep.



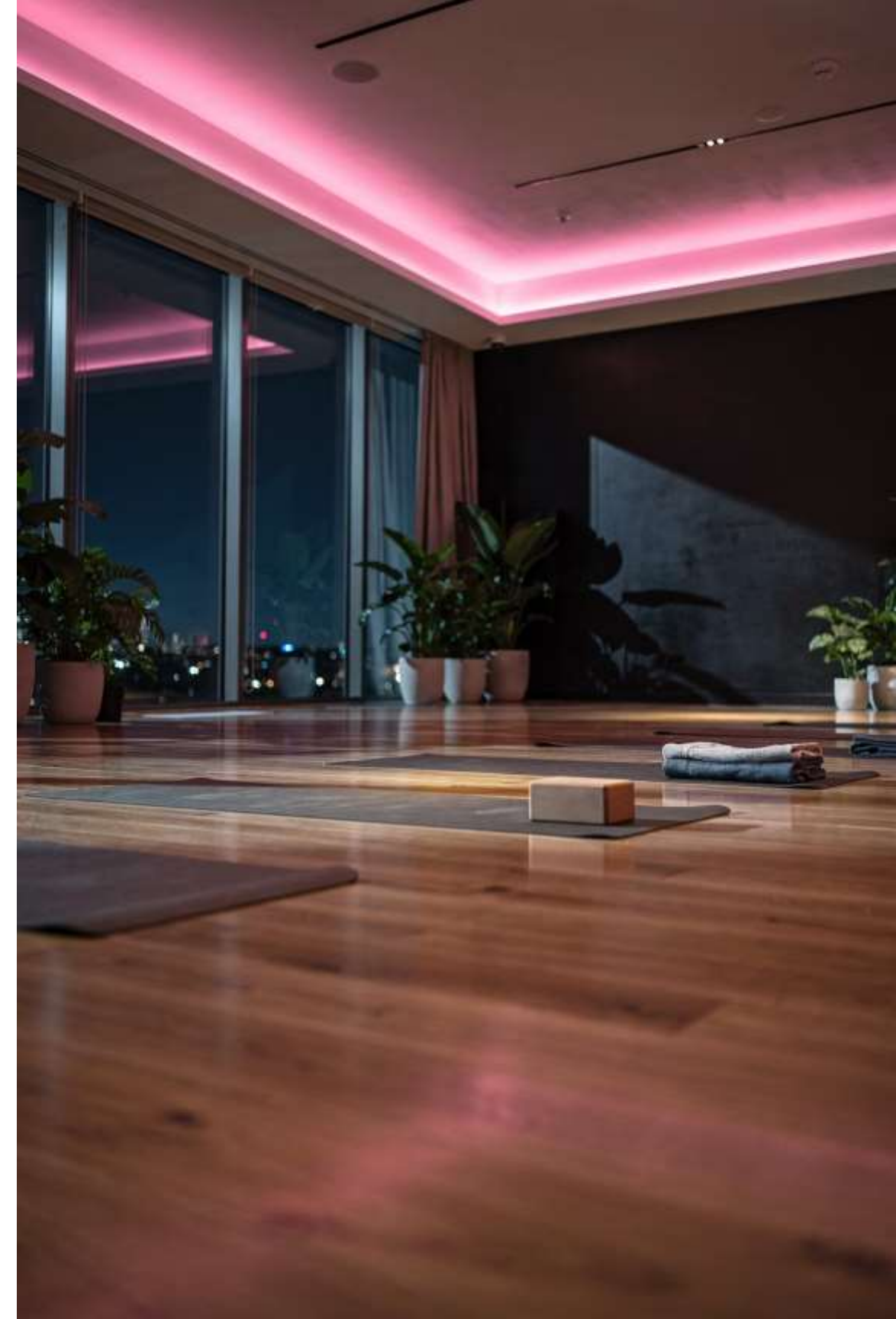
Clothing & Environment for Optimal Yoga

What to Wear

- Breathable, flexible clothing like moisture-wicking leggings and fitted tops
- Materials that allow full range of movement without restriction
- Comfortable layers for temperature regulation during practice
- Non-slip grip socks for additional stability if needed

Your Practice Space

- Calm, quiet, well-ventilated area with natural light when possible
- Non-slip yoga mat for safety and proper alignment
- Free from distractions to enhance focus and mindfulness
- Comfortable temperature between 20-24° C for optimal practice



Daily Yoga Benefits: Metabolic Health



Enhanced Metabolism

Regular yoga improves metabolism by enhancing digestion, hormone balance, and insulin sensitivity, creating a foundation for optimal cellular function.



Healthy Body Composition

Studies show yoga practitioners often maintain healthier BMI and reduced visceral fat, contributing to long-term cardiovascular health.



Weight & Energy

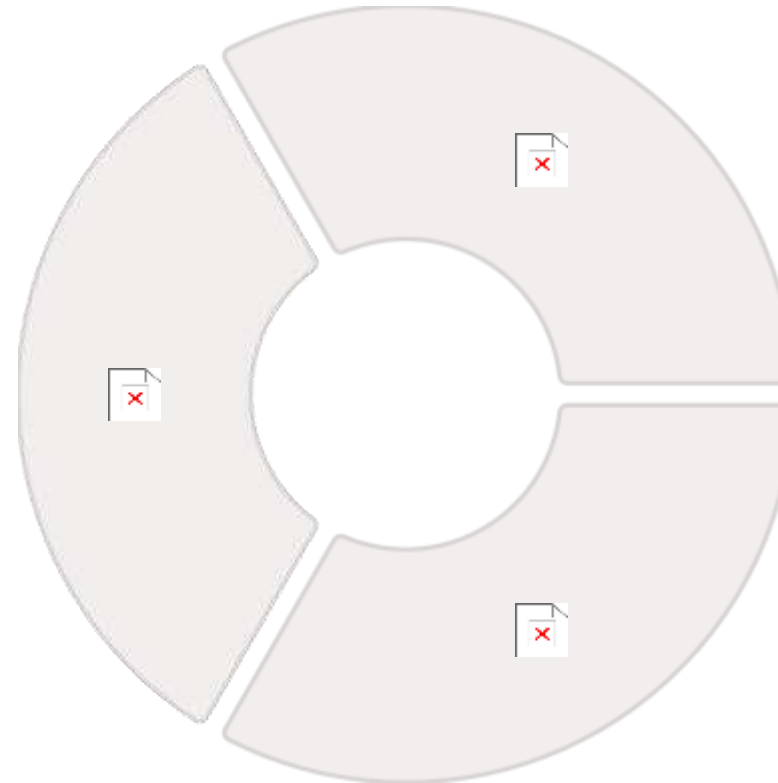
Yoga supports sustainable weight management and boosts energy levels through improved circulation, muscle tone, and mindful eating habits.



Daily Yoga Benefits: Mental Health

Stress Reduction

Yoga reduces stress hormones like cortisol, promoting calm and emotional balance through conscious breathing and mindful movement.



Enhanced Mindfulness

Improves concentration, focus, and mood by stimulating the parasympathetic nervous system, creating a natural state of relaxation.

Emotional Wellbeing

Clinically proven to alleviate symptoms of anxiety and depression whilst improving overall psychological wellbeing and resilience.

"The practice of yoga brings us face to face with the extraordinary complexity of our own being." — Sri Aurobindo





 **EMEDICARD PROTOCOL**

eMedicard's Yoga Protocol: Assessment & Personalisation



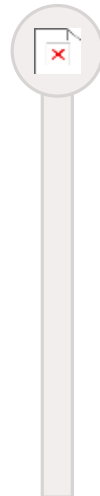
Initial Yoga Assessment

Comprehensive evaluation of your physical condition, flexibility levels, existing health concerns, and personal wellness goals to create a safe foundation.



Customised Goal Setting

Personalised goal setting aligns your yoga practice with individual needs — whether stress relief, fitness enhancement, injury rehabilitation, or holistic wellness.



Progress Tracking

Ongoing monitoring ensures safe advancement, adapts practice intensity accordingly, and celebrates your achievements throughout your wellness journey.





eMedicard's Structured Yoga Sessions

Each session is carefully designed to provide maximum benefit whilst ensuring safety and progression at your own pace.



Warm-Up Phase

Begin with breathing exercises (Pranayama) and gentle stretches to prepare your body, calm your mind, and establish mindful presence.



Core Asanas

Targeted postures tailored to your goals — building strength, increasing flexibility, or promoting deep relaxation through guided movement.



Cool-Down

Conclude with meditation and guided relaxation to integrate the physical and mental benefits, leaving you refreshed and centred.



 GET STARTED

How to Get Started with eMedicard Yoga



Ready to begin your transformative yoga journey? Contact us today for your personalised yoga assessment and customised wellness plan.

Phone: +44 7447 459829

Website: www.eMedicard.org

Join our community for expert guidance, ongoing support, and holistic wellness resources tailored for you

Scan QR to Learn More



Embrace Yoga Daily: Transform Your Body & Mind

Nourish Your Practice

Support your yoga journey with mindful eating habits and proper meal timing that respects your body's natural rhythms and digestive needs.

Create Your Space

Dress appropriately and cultivate an environment designed for comfort, focus, and the deep inner work that yoga invites.

Experience the Benefits

Let eMedicard guide your journey towards enhanced metabolic health, mental clarity, and overall wellbeing through expert, personalised yoga programming.

❏ **Start today — your wellbeing awaits! Transform your life one breath, one pose, one mindful moment at a time.**

