

# Cautions For Teenagers While Practicing Yoga



Practice yoga with the assistance of trained personnel.



Wear comfortable clothing, and the mat should have a good grip and support.



Avoid practicing yoga immediately after eating.



Inform your instructor of any injuries or medical issues you have.



Listen to your body and avoid pushing your limits while practicing.



Start with basic yoga positions and breathing exercises.



If you are just starting out, avoid doing extreme yoga poses.



Be mindful of the risks of "hot yoga," such as overheating and dehydration.