



# Five Tips for Getting Started as a Neurodivergent Yoga Student

Anyone can start a yoga practice, and there are no rules for what that needs to look like... different nervous systems have different needs. You can choose when and for how long you practice, as well as what, how, and where you practice; at-home practice and online classes are just as valid as showing up at a studio. There are myriad paths, styles, teachers, and ways to learn, and it can take lots of trial-and-error to find what best meet your needs. Here are some tips to help you along the way as you start your journey...

## Bring props for sensory comfort and stimulating

Support your sensory needs! Think fidget toys, plushies, cool rocks, furry friends, soothing scents, cozy blankets, etc. This may feel easier to do with an at-home practice.

## Embrace an at-home practice

At-home practice gives you more control over your environment, length of practice, breaks, etc. You can follow along to virtual classes (YouTube!), do your own thing, or even practice from a book.

## Make space for your neurodivergence

Expect that there will be some ways your practice looks different from others'. It's okay if you confuse right & left, need to move or stim during meditation, or take more time in transitions. Being different is normal.

## Get all the info, ask all the questions

Before trying new studio, check out their website or call/email to ask about expectations, wayfinding, how to request accommodations, etc. Make sure they feel safe for you.

## Start small, go slow, and be really kind to yourself along the way

We're all learning on our own timeline. Yoga is meant to be a life-long practice and there's no end destination. As you try new things, be kind to your brain and body, and let your practice evolve with you!