



Guidelines for your Yoga Class

- Wear loose clothing which allows you to move and breathe freely.
- Yoga should be practised bare feet.
- It is highly recommended to practise yoga on an empty stomach. Please do not eat for a minimum of 2 hours before your practice.
- Mats are available at the centre but please feel free to bring your own mat. It should be long and large enough for you to lie on and preferably non-slippery. Ask your tutor if you have difficulty finding one.
- **Bring a blanket** large enough to cover you during relaxation. It might be useful to help you in some of the postures.

Asanas (postures) and Pranayama (breathing)

- Be aware of your body and which parts are being used.
- Go into and come out of the postures slowly and carefully.
- Listen to your body. If anything hurts or doesn't "feel" right for you, stop at once and come out of the posture gently. Your teacher will give general safety advice for each posture, but you must take responsibility for your own safety by listening to your body and respecting it.
- Yoga is non-competitive. Work within your own body and within your own capacity at that moment in time. The saying "no pain no gain" has no relevance in Yoga. Every individual is different and progress will come on a case by case basis with practice.
- Be aware of your breathing. If your breathing becomes strained then it tells you that you are trying too hard. The tutor will usually give you guidelines of when to breathe in and out. If in doubt breathe out and **always** breathe through the nose.

Additionally

- It is important that you fill in the Enrolment Form to the best of your knowledge. It is particularly important that you let your tutor know about any medical conditions such as recent injuries, pregnancy, etc. because while some of the practices might be beneficial some others might be injurious and should be modified or avoided. **If you have any doubt about your medical condition or the suitability of yoga for you, please consult your doctor.**
- Do not hesitate to ask questions if you are unsure about anything or if you require further information.

Most of all relax and enjoy each class as a new journey!