



SUGGESTIONS TO ENHANCE YOUR YOGA

- Be sure to come regularly to your yoga class! You will get the most benefit from your yoga practice if you are consistent.
- If you have any health concerns or injuries, including pregnancy, you must consult your health care provider before starting yoga. Always inform your instructor of any health issues prior to class. Yoga is very safe, but certain postures may aggravate any weak, inflamed or irritated parts of the body. All exercise programs involve a risk of injury. By choosing to participate in yoga classes, you voluntarily assume a certain risk of injury.
- It is suggested that you do yoga on an empty stomach (2 hours after a full meal). It can be very uncomfortable to do yoga on a full stomach! Think about those twists!
- Wear comfortable clothing that allows for free movement. Clothing should not be so loose, however, that the instructor cannot see the lines of your body.
- All equipment is provided, but you may prefer to bring your own.
- In consideration of others, please do not wear perfumes or colognes to class.
- Plan on arriving to class 5 minutes early. If you are late, please don't get stressed-out! Just enter the studio quietly, taking care not to disturb others.
- When you enter the studio, leave your worldly cares and troubles outside the door. Know that you are entering an oasis of peace and relaxation. Allow yourself to enter into the experience of being in the "here and now". Taking a few moments to settle in and center can greatly enhance your experience.
- ALWAYS work to your own level. Relax in Child's pose or any comfortable position at ANY time. Move slowly and deliberately. Get to know your body, and respect its abilities and limits. Do not perform postures or movements that are painful, particularly in the joints. Ask for modifications. The benefits of yoga come from being present and from being aware. It is a personal, internal process, and success cannot be measured by attaining goals in flexibility or strength. Try not to compare yourself with others.
- Ask for help if you are unsure how to perform a certain movement.

- Breathe smoothly and continuously throughout your practice. Do not hold your breath or strain to attain any position. Remember to breathe through the nostrils while practicing yoga, unless directed otherwise.
- Some say that menstruating women should not practice inverted postures. Use your best judgment.
- Enjoy the final moments of class. Lying still in shavasana (corpse pose) immediately after asanas is an essential part of your yoga practice. How often do you get to just lie down and breathe? Take advantage of this quiet time to allow yourself to integrate the beneficial changes you've made in your body, mind and emotions
- When you leave the studio, try to hold on to the feeling of relaxation and well-being as you return to your daily routine.
- Drink lots of water after class. This will help flush your system of the toxins released from your body tissues during yoga.
- Some people may experience minor muscle soreness after beginning a new exercise program. This is normal. However, if you experience severe pain in your back, legs or joints, this is an indication that you are straining in the exercises or that you have a physical condition that should be checked out by a physician.
- While you will notice some very definite positive changes from just one weekly yoga class, practicing on your own in between classes and/or taking more classes each week can dramatically increase the benefits. At home, experiment with one or two exercises that you like. If possible, practice regularly at the same chosen time and place, perhaps in the morning just after you wake up, or at night just before going to sleep. Even a few minutes a day will markedly increase your concentration, resistance to stress and resistance to disease.
- At first, the effects of yoga practice are numerous and obvious, but the gigantic strides made in the beginning will become subtler and less dramatically noticeable. The effects of a consistent yoga practice are profound, long-lasting changes in your body, in your mind and in your life.