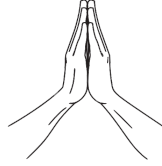


नमस्ते | Namasté | Welcome!



Yoga stretches, tones and strengthens the body and helps to clear the mind, creating a sense of peace and wellbeing. To put it simply, yoga is a great way to feel great! Classes will include a combination of postures (*asana*), breathing practices (*pranayama*) and relaxation.

Below are some words of wisdom to help you get the most out of your class.

### What to expect

Yoga is non competitive and can be practiced by everyone, regardless of age, ability, or level of fitness.

You will be encouraged to work within your own limits. Going slowly at first, feeling your way into the postures. Listen to your body and don't push too hard. Practices are taught progressively. Please stay at the level that is right for you, which may vary from day to day. If something doesn't feel right, then back off a little.

Given regular practice, you will become more aware of your body's abilities, progressing gradually throughout your yoga journey.

### What should I wear?

Loose, light comfortable clothing, but please watch out for buttons and zips. Layers are a good idea to help regulate temperature between more demanding and cooling practices. You do not need to wear sports / gym kit. Yoga is practiced barefoot to enhance grip and balance.

### What should I bring?

Please bring a **yoga mat** with you. Other useful items if you have them are a blanket and cushion. Blocks, bricks and belts will be available to make adjustments to your practice where necessary and keep you comfortable in postures.

If you are joining a class for the first time, please bring along a completed student questionnaire.

Please also make me aware of any changes to your health that may affect your practice.



## What is Yoga?

- Yoga is a physical, mental and spiritual practice derived from an ancient Indian body of knowledge, dating back over 5,000 years
- The word *yoga* comes from the Sanskrit root of 'yuj', which means *union*. The English word *yoke* is also derived from the same root
- Yoga is the harmony achieved in the union of mind, body and spirit
- Continued practice will bring about self development through techniques and ideas that can be incorporated into everyday life
- Yoga is a practical aid to life. It is not a religion

Regular practice of *yoga asana* can help improve strength and flexibility. Reduced stress and increased vitality are valuable by-products of these practices.

*Pranayama* practices work to re-educate breathing patterns and increase the efficiency of our respiratory systems. These can help improve emotional stability, bring about clarity of mind and a sense of wellbeing.

Relaxation techniques are taught lying down and are designed to rest and restore the whole body and mind.

By helping to bring the body back into balance, relaxation aids healing and leads to an increased sense of wellbeing.

## When should I practice?

Ideally, it is advised to wait 2 hours after a light meal, or an hour after a snack. Equally, it is not a good idea to come to class with a raging hunger!

## Class Etiquette & Housekeeping

Please arrive at least 10 minutes before the start of class. If you do arrive late, please take care not to disturb other students and lie quietly before joining in, following my instruction. Please ensure you *switch off* any devices before we begin. At the very least, please put them in 'do not disturb' mode. Leave footwear and belongings at the sides of the room.

It is beneficial to stay for the duration of the class to experience the full effect of the practices, and to minimise disruption to fellow students.



THE WHOLESOME APPLE

## Contact Details

Please contact me if you have any questions regarding your practice:

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