

## YOGA CLASS GUIDANCE

To help maximise the benefits that can be achieved from your weekly yoga class please observe the following advice and guidance:

- Please arrive at class with plenty of time to prepare for your practice before class starts. Where possible leave shoes, coats etc by the door and during summer outside the yoga space. Take time to become quiet and rest in shavasana for a while, letting go of your day.
- You don't need to bring water into class with you (unless you have a cough) as we are aiming to increase the heat/energy of the body during the practices to maximise the relaxation/mediation experience and therefore we do not want to cool the body by drinking.
- Please do not eat during class even cough sweets.
- Advise me before class of any new (or changes to existing) conditions that might affect your practice.
- Wear loose, light, comfortable clothing. Remove jewellery, wrist watches etc prior to starting the class. If you wear glasses, remove them prior to starting relaxation, pranayama or meditation.
- Please clean your mat after you have used it with the wipes provided, roll up and put away, if you use a blanket then please fold up and put back at you found it so they are in order for when other students use them. If you wish to purchase your own you can through [www.yogamatters.com](http://www.yogamatters.com).
- Try to come to class with empty bowels and bladder.
- Do not take a meal for 3 - 4 hours before class. If necessary, a small, light, easily digestible snack can be taken up to  $\frac{1}{2}$  hour before class.
- Never exert undue force while practising asanas (postures), adapt appropriately and ask for assistance if you need it. Remember that your abilities will vary from day to day and depending on the time of day. Always practice with awareness of the effects of the practices on your body, thoughts, feelings and breath.
- Always breathe through the nose unless specific instructions are given to the contrary.
- Remember that yoga is not a competition; it is something that you do to help yourself. Starting from where you are right now.
- There are two books I would highly recommend that all practitioners of Yoga use to support their regular class and their home practice:
  - o 'Yoga for Prisoners and Other Castaways' by Swami Pragyamurti - this book offers a beautiful introduction to the style of yoga that is practised in class and also invaluable practices that you can use for your home practice.

- o 'How Yoga Works' by Christie McNally and Geshe Michael Roach - this book is an excellent introduction to the philosophy of yoga in an easily understood narrative, providing much food for thought in addition to a good story.
- I would strongly recommend that all students make a regular yoga practice part of their daily life. 10 - 15 minutes of yoga at a regular time each day will help you to maximise the effects of your weekly class and will improve the quality of all aspects of your life.

If you should have any questions or concerns about any aspect of your practice please speak to me either before or after class or by calling me on 07584438009.

Love and Oms  
Maitri