



STUDIO GUIDELINES TO ENHANCE YOUR YOGA

1.) Always inform your Teacher of any injuries, illness, or acute discomfort prior to class. Yoga is very safe, but certain postures may aggravate any inflamed or irritated parts of the body. The benefits come from the awareness with which you stretch, not how far you stretch. Get to know and respect your body and its capabilities. All exercise programs involve a risk of injury. By choosing to participate in yoga classes, you voluntarily assume a certain risk of injury. The following guidelines will help ensure your safety:

- * Turn off all phones, No shoes, maintain a soft voice to enhance quality of space and others experience.
- * Listen and follow directions carefully.
- * Do not perform postures or movements that are painful.
- * Breathe smoothly and continuously as you move and stretch.
- * Do not hold your breath or strain to attain any position.
- * Work gently, respecting your body's abilities and limits.
- * Ask for help if you are unsure how to perform a certain movement.
- * Menstruating women should not practice inverted postures.
- * Pregnant women must consult their health care provider before starting yoga.

2. Plan on arriving to class 5 minutes early. We'll be starting on time. Taking a few moments to settle in and center can greatly enhance your experience. This can also compensate for unexpected delays like traffic, etc.

3) Wear comfortable clothing that allows for free movement. We supply mats and yoga props or you can bring your own. In consideration of others allergic reactions, please do not wear perfumes or colognes to class.

4) It is suggested to do yoga on an empty stomach (1-3 hours after meals, It can be very uncomfortable and even harmful to do yoga on a full stomach.

5) ALWAYS work to your own level. Move slowly and deliberately, and try not to compare yourself with others. Yoga is an personal, internal process and cannot be measured by flexibility, strength or anything else. Do not compete nor compare!

6) Remember to breathe through the nostrils while practicing yoga, unless directed otherwise. Also, drink lots of water after class, preferably room temperature (to keep your digestive fire strong); this will help flush your system of the toxins released from your body tissues during yoga.

7) Some people may experience minor muscle soreness after beginning a new exercise program. This soreness can be treated with applied cold packs for the first 24 hours and moist heat or Epsom salt baths thereafter. However, if you experience severe pain in your back, legs or joints, this is an indication that either you are pushing or straining in the exercises, or that you have a physical condition that should be checked out by a physician.

8) Spend some quiet time after class to allow yourself to integrate the beneficial changes you've made in your body, mind and emotions. Lying still in savasana (corpse pose) is recommended immediately after asanas.

9) 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, and try them 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. If possible, practice regularly at the same chosen time and place.

10) Please Be considerate that this is a private studio, schedule your visits by Apt. to avoid disrupting private yoga therapy sessions and spa treatments. If you come by without notice, Observe if the " In Session" Sign is on door. That means I am doing concentrated work and can not be interrupted. Always enter through side door to leave shoes and belongings in mud room.

11) All "No- shows" or cancelled Private Therapy appointments less than 24 hour notice will be charged a \$10.00 fee.

12) 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, mind and in your life.