

Yoga Practice Guidelines

Welcome to Yoga! In order to enhance your experience of yoga, please keep the following suggestions in mind:

- ❖ Wear loose, comfortable clothing that allow you to expand your belly, to lie on the floor, or to do inverted poses. For most postures, bare feet or wearing socks is recommended.
- ❖ Whenever possible, be on time for class.
- ❖ Practice with an empty stomach. Try not to eat at least two hours before the practice and do not drink a large volume of beverages before either. (In general, it is recommended not to drink any alcoholic or caffeinated beverages.) Practicing yoga feels better when you can evacuate before.
- ❖ Do not hold your breath during any of the postures unless instructed to do so. Try to keep your breath full and regular.
- ❖ Be aware of the tendency toward competition and ambition. It is natural wanting to do poses that others can do, but do not worry to keep up with the teacher or others. Never strain or force yourself to attain or to hold any posture. Work within your own limits and abilities, adjusting the posture to your own flexibility and strength level. A consistent practice will help you to improve over time.
- ❖ Postures or movements may be accompanied by some discomfort, but no Asana should cause pain. Listen to your body and simply back off when necessary.
- ❖ Not all exercises are suitable for everyone. If you are pregnant or have any questions about any specific health condition or whether you should perform any particular posture, consult with your physician.
- ❖ This class is not intended to be a substitute for medical counseling or for prescribed physical therapy.