

## **GUIDELINES FOR THE PRACTICE OF YOGA**

1. Choose a well-ventilated room with no distractions. Turn the phone and pager off.
2. Wear comfortable clothing. No shoes or socks for safety. Use a yoga mat, blanket or large towel for cleanliness, comfort and safety.
3. Allow 2-3 hours after a big meal and 1 hour after a snack. . If you don't, and notice a queasy feeling, indicating that you should wait longer. It will also make it easier to notice yoga's subtle benefits. Listen to and respond to your body's signals.
4. Always stretch and limber up before doing yoga poses. Move slowly and avoid hasty or jerky movements.
5. Never force a position. Listen to the sensations from within your body and let your body form the pose at its own pace. This is one of the secrets of yoga.
6. Breathe fully and consciously at all times to balance and nourish your body, mind, and heart. Breathing deeply develops focus enabling you to experience the essence and presence of yoga.
7. Hold each pose for as long as you can breathe easily and deeply and remain steady and comfortable. Respond to the signals from your body, and always avoid painful stretches, especially in your joints.
8. Helpful props to help with your comfort in the poses may include:
  - Yoga mat, firm blanket or beach towel
  - Bath towel (roll it up and hold it together with two thick rubber bands)
  - Firm cushion, bolster, or pillow (2)
  - Eye pillows for Shavasana
  - Yoga blocks (1-2)
  - Yoga strap or neck tie
9. To benefit fully, it is better to do yoga on a regular basis. Ten minutes every day is much better than practicing sporadically.
10. As with all exercise, people with health conditions should consult their health care professional before practicing yoga.
11. Be aware of the signals that your body sends to you throughout the day. Learn to relax before you get that headache. Take yoga breaks throughout the day to remain relaxed and in control.
- 12. Please feel free to ask questions during and after yoga class.**

.....**ENJOY, HAVE FUN AND DON'T FORGET TO BREATHE!** .....