

WHAT TO BRING:

Mat, cushion, towel and/or blanket or sarong for relaxation practice

PREPARATION

No food for 1-2 hours before class.

Go to the bathroom before your class.

If at any stage during your class you need the bathroom, please go.

After class, if you feel like a relaxing shower or bath, wait half an hour after the end of class.

Please arrive 5 minutes early so you can feel settled and begin to relax.

If you do run late for class, please enter and settle yourself quietly so as not to disturb the other students.

YOGA PRACTICE

Encourage an attitude of non-competitiveness within your own practice and with others.

Let go of any feelings of struggle or force. Bring forward a feeling of inner strength without strain.

Bring yourself gently back to the present when your mind wanders into past and future thinking and planning. Reawakening the body and mind in each moment.

Learn how to breathe correctly, and how this can both calm and energize the body and mind.

Feel how the body responds and thanks you for giving it some time and attention.

Enjoy your practice, one breath at a time, one movement at a time.