

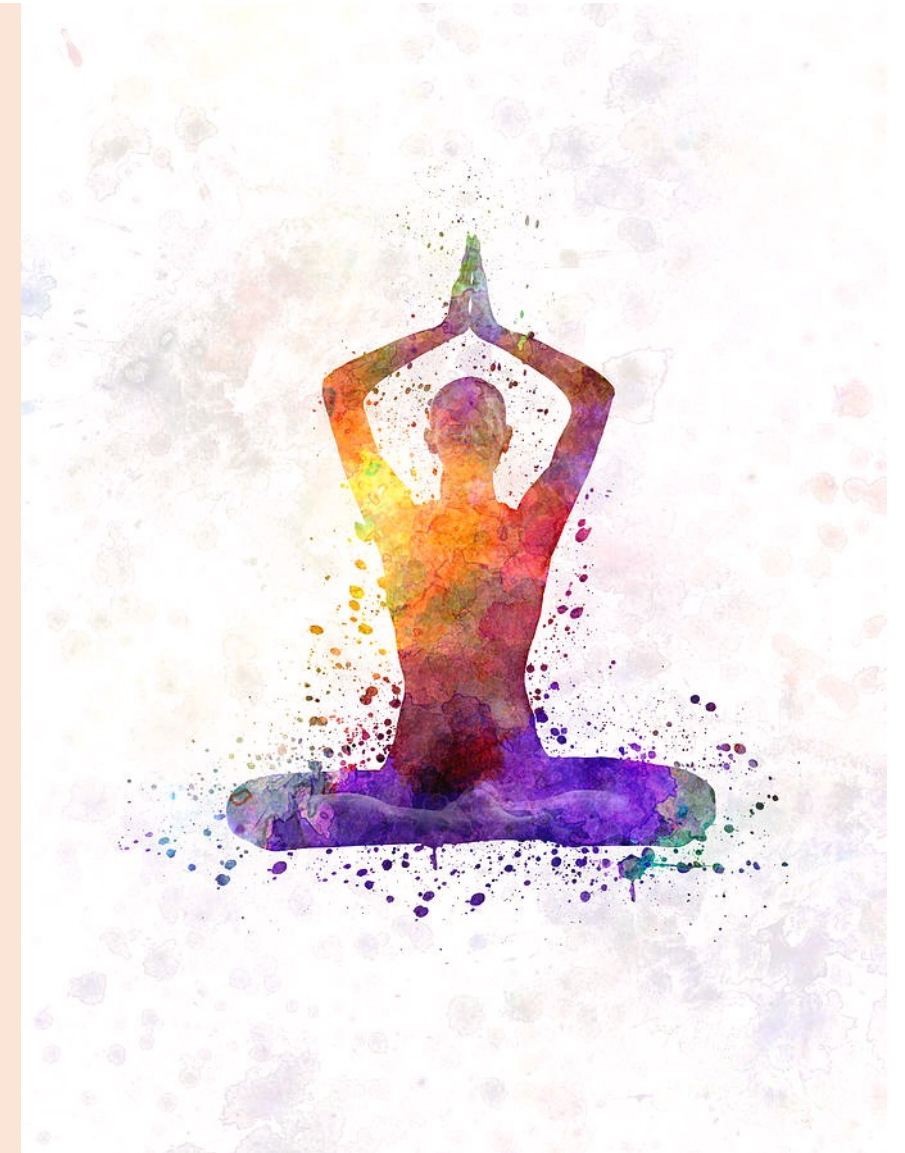
Yoga Class Information Paper

First, it's important to note that yoga is about much more than fitness—it has a long and deep history.

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing.

The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

The practice originated in India about 5,000 years ago and has been adapted in other countries in a variety of ways.





1. *Don't take class on a full stomach.* Trying to do yoga right after mealtime will hinder your practice. In order for your body to twist and hop into poses, the stomach can't be digesting something heavy. Eating 2 hours before the session is recommended.
2. *What to wear.* Yoga is for everyone and it's more important that you feel comfortable in what you're wearing. Loose or evenly tight garments of clothing are recommended.
3. *Space.* Allocate a comfortable and tranquil space free from distractions such as phone and TV. It is a responsibility of the students to ensure that the session won't be interrupted by any noise, deliveries, family members, pets or anything else. It is paramount for getting the most out of the session as well as keeping the true authenticity and integrity while practicing yoga.
4. *The props.* Please prepare a yoga mat, blanket, and a towel, water bottle. A strap, yoga blocks, bolster, crystal singing bowls are provided by the teacher.

***Straps and blocks give you a little extra room to twist, while a blanket will make all the seated postures-plus the final relaxation-even more enjoyable.



You know your own body better than anyone else and if something feels wrong, it probably is. See you on the mat.

- *5. Breath is everything.* Breath is important. Follow the instruction of your teacher, the breath can make the yoga pose easier if done correctly and more difficult if done incorrectly. Pay attention to your breath throughout the class.
- *6. Child's Pose is always an option.* Don't be afraid to take rest in a gentle Child's Pose. This posture is always an option if you lose your connection to your breath during class. It will help you Zen out and tune into your body's needs.
- *7. The golden rule of thumb is – you are your best teacher.* Sometimes, it can be difficult to distinguish between pain and discomfort. Pain is hot and sharp, like a sudden pinching sensation. You should not feel any pain during yoga.
- *8. Discomfort is more like a nagging sensation and may change if, for example, you breathe into it. It's all about finding balance between effort and ease.*