

OPEN SPACE YOGA

Welcome to your first yoga class

This course has been carefully designed so you may derive the maximum benefit from your experience. Following are some guidelines and suggestions that you will find useful in your practice of yoga.

Please let us know if you are under a doctor's care or if you have any specific health conditions, such as high blood pressure, back problems, sinus troubles, recent major surgery, or if you are pregnant, etc. We will then be able to give you special guidance.

- To receive maximum benefit from the course, it is preferable that you practice daily (or at least four times a week) what you are learning in class.
- You are encouraged to ask questions in class about anything that is unclear to you.
- Regular attendance is highly recommended.
- It is best to perform postures on an empty stomach. Wait at least two hours after a full meal before practicing. You may, however, have a glass of juice or piece of fruit up to an hour before.
- Hydrate yourself well by drinking water before and after class. Drinking water during a yoga class is more often than not an indication that you have gotten close to your 'edge' and are now turning away from it. Yoga is about burning up toxins and drinking water only dampens your flame while breaking concentration.
- Honor your teacher and fellow classmates by doing your best to arrive on time or a few minutes early so you have time to relax before class begins. If you find you are running late or occasionally will need to leave early please arrange your mat close to the exit so you can slip out without disturbing those around you.
- Please limit personal scents to natural products as many people have allergic reactions to strong scents or perfumes.
- When you enter the classroom, leave your worldly cares and troubles outside the door. Picture yourself entering an environment of peace and relaxation. Sit quietly or lie down on your blanket or mat, and allow yourself to enter into the experience of being in the "here and now."
- Yoga is an inward journey. Please keep casual conversation during class to a minimum
- Please remember to turn off your cell phone.

After the relaxation at the end of the class, try to hold onto the feeling of relaxation and well-being by maintaining silence as much as possible.

The benefits of Yoga available to you are many, regardless of your age, flexibility, or degree of proficiency in the exercises. We will be happy to offer assistance in whatever way possible.

In Peace