



## Yoga Practice Guidelines

The following guidelines are provided to enable you to derive the most benefit (and enjoyment) from your practice.

### Preparation

- Do not eat for at least 1½ hours before class
- Make sure your body is clean
- Arrive at least 10 minutes before the class begins
- Wear clean, layered clothing
- Bring with you...
  - i. *Yoga Mat*
  - ii. *Towel.*
  - iii. *Yoga blocks and straps (if you have them)*
  - iv. *An open mind*
  - v. *An open heart*

### Upon Arrival at Class

- Switch off your mobile phone
- Bring to my attention anything which may affect your practice
- Pay booking fees
- Remove your shoes
- Try not to disturb other students who may be sitting or lying down quietly

### During Practice

- Focus only on your own practice, not on that of others
- Rest if you need to
- Try to maintain awareness of your breathing (even while resting)
- Keep your sense of humour

### After Practice

- Speak to me in person, or on the phone, with any concerns
- Take your practice into your everyday life!