

BEGINNERS YOGA

GENERAL INFORMATION AND CAUTIONS

- Practice is cumulative ... 5 minutes a day is preferable to 2 hours once a week.
- Mindfulness: be mindful of your body and your limitations; listen to what it is telling you.
- Yoga is best done on an empty stomach. Yoga requires energy that your body will want to use for digestion. It also massages the internal organs. Yoga done on a full stomach may cause nausea or an uncomfortable feeling. Try not to eat for at least 2 hours before your practice. If you must eat, have some tea or a piece of fruit.
- Never fight, strain or jerk to achieve a more extreme position, just hold and let your breath take you deeper.
- Focus on yourself not on what I can do or what your neighbor is doing – each of us has his/her strengths and weaknesses. It's not a competition.
- BREATH – always breath – it's as much about the breath as the posture.
- Little movements really count and can make an amazing difference.
- Practice should be enjoyable – chose a time of day that best suits your schedule.
- Alignment is important but feels free to “play” in the posture to feel how your body reacts.
- Menstruation – Beginner's yoga is probably fine but listen to your body. Do not practice inversions if you are menstruating.
- Injuries or pregnancy: Ask you doctor before beginning the classes.
- Pain – if it hurts don't do it! Push to the point of pressure NOT to the point of pain. Many postures can be modified to suit your particular body and still provide benefit.