

Before the Class

Eat a light meal at least two hours before the class.

If this is your first class you will need to complete a health questionnaire and discuss any health issues which may be affected by your practice with me, so please allow sufficient time for this.

What you need to wear

Please wear loose, comfortable clothing or stretchy clothing in which you will have unrestricted movement. A longish top is a good idea so that it does not ride up and expose your midriff as you move.

Much yoga practice will be undertaken with bare feet- so no tights! Socks can be worn for some of the practice and removed when standing to avoid the risk of slipping. Grippy yoga socks work for some students so if you have cold feet this might be worth looking into.

When the weather is cold, layers are a good idea. The body can lose a lot of heat during relaxation, so be prepared.

Jewellery and watches can sometimes get in the way, so you may wish to take these items off beforehand.

If you wear glasses you may need to remove them for some practices and during relaxation. Please ensure that you put them somewhere sensible, where they will be safe and where you can reach them when needed.

What equipment you need

You will need a non-slip yoga mat on which to work. This is different to a camping roll mat or general exercise mat in that it has a grippy/sticky surface which feet and hands can find resistance against to prevent slipping.

A blanket for padding and/or warmth during relaxation. Two blankets if it is very cold so that you can have one underneath and one on top.

You might like to invest in some yoga equipment such as foam blocks/bricks, a strap and possibly a bolster. If you are interested in meditation then a special cushion or stool is a must. I can no longer lend or share equipment but I am happy to show you what is available and how to use it.

During the class

Each yoga class will include the elements of settling, breath work, movement and mental relaxation. All yoga students come to their practice with their own unique history in terms of physical conditions and past injuries; reflecting this there will always be a modification or an alternative to a particular movement or pose. Occasionally I may suggest an adjustment to your position to help you get the most out of it or to keep you safe but you are the best judge of how you feel so listen to your body. If you feel uncomfortable in any way about a practice and I have not already offered an alternative then please just ask me or stop practising. Yoga practice should be comfortable and steady and there should be no strain, excessive effort or feelings of unease.

Practicing Yoga at home

The practice which you will be doing in class with me is carefully structured so that you work safely and comfortably. It can be dangerous to go into postures without proper preparation; please be mindful of this if you practice on your own.

A little Yoga practiced frequently is usually more beneficial than a long isolated session.

Enjoy your practice!

When we practice yoga we aim to allow the mind to settle by letting go of unnecessary effort - physical and mental. This cannot be measured by external appearances so there is no need to 'achieve' any particular posture; remember that practice of Yoga postures is non-competitive. A better measure of your practice is whether you feel more relaxed mentally afterwards.