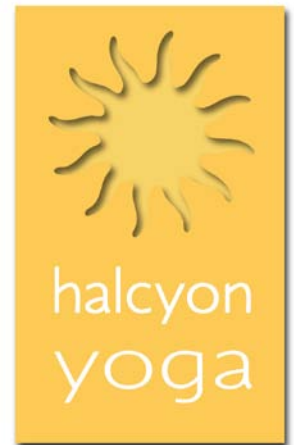


## General Advice before starting your Yoga course:

- If you are unsure about your physical fitness, have a medical check up before starting your course.
- Complete a 'New Student' Questionnaire and ensure you have given it to your teacher before your first class.
- Keep your teacher updated of any medical problems or injuries you have before class begins as modifications to the practice can be given to ensure your safety.
- Try to arrive 5/10 minutes before the class is due to start. This ensures minimum disruption for the class and allows you time to settle down.
- Please consider your fellow students and avoid strong perfumes.
- Do not eat immediately before a class. Ideally allow 1 to 2 hours after eating before a class. Many of the postures affect the digestive system and if you have a full stomach you may experience nausea or abdominal discomfort.
- Empty your bladder before the class.
- **Bring a yoga mat** to practise the postures on. Specialised 'sticky' yoga mats are available in some shops or can be ordered on-line. e.g. [www.bwy-shop.co.uk](http://www.bwy-shop.co.uk) or others.
- Wear comfortable, stretchy clothes. Leggings, cycling shorts and 'T' shirts or vests. Bring a sweat top or fleece for the start of the class and for the relaxation at the end, as you may feel cool during these periods. Keep jewelry to a minimum.
- In order to stay warm during relaxation **bring a blanket** to cover yourself with or to use for padding during class.
- Yoga is practiced in bare feet, **bring socks** for relaxation.
- Bring a small towel if you are likely to perspire during the class.
- **Bring a bottle of water** to sip during the class if you need to or to drink after the class.
- Remember to turn off your mobile phone before a class begins.
- During the postural work; do not compete with yourself or others, work at your own level, do not strain or work into pain, ask your teacher if you are in doubt (there are always alternatives if something doesn't suit you).
- Soften, relax & breathe into postures, slowly and gradually becoming more stable.
- Always follow your teacher, not your fellow students.

Enjoy your yoga class. Please talk to me at the end of the class if you have any questions or feedback.

Jacquelyn Cooper BWY Dip



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