



Yoga is a mental and physical practice that has been around in many forms for thousands of years. In today's fast paced world, time on the mat can improve both mental and physical wellbeing.

### **Benefits**

- Increased strength and flexibility (of body and mind)
- Muscle toning
- Increased mobility
- Reduced stress through relaxation
- Balance of the mind, body and spirit

### **Equipment & Clothing**

- Mats, blocks, straps and blankets will be provided, but please feel free to bring your own if you wish
- You may like to bring a bottle of water to sip during your practice
- Wear comfortable clothing which you can move in easily
- Bring some warmer layers (socks, comfortable jumper or cardigan) for relaxation at the end of the class

### **Before Class**

- Try to avoid eating heavy meals for 2 hours prior to practice
- A light meal or snack an hour or so before the class is generally fine

### **Health**

- Ensure you complete the student questionnaire (copies available at the class) & hand this to your tutor
- Check with your GP if you have any health concerns that you feel may affect your yoga practice
- Make the class tutor aware of any present or past injuries, health issues or pregnancy (or if you have recently had a baby) so that modifications/assistance can be provided
- Always exercise common sense: if you are not comfortable with a posture or something does not feel "right" come out of the posture slowly and seek advice/assistance from the tutor

### **The Class Itself**

- Classes will generally consist of a breathing practice (pranayama), postures (asana), concentration and/ or meditation and will close with a relaxation
- Listen to your body, it is ok to work through muscular discomfort, but not pain
- Take responsibility for your own body and know that it is fine to modify postures or to rest at any time
- Move in and out of the postures slowly and mindfully
- Only hold postures for as long as is comfortable for you
- Work to your own maximum

Please feel free to ask questions at any time

Enjoy your practice!



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