

# Information for Students

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## The Class

This course is designed to provide a safe introduction to yoga, with the intention of developing flexibility, balance, posture and a sense of personal wellbeing.

Most classes will start with a short breathing exercise, before moving through a variety of postures. Sometimes we will look at these in detail, sometimes we will move through them quickly and sometimes we will hold them for a period of time. If you have a particular interest in any of these areas, please ask me - I will be happy to talk about it. The class will usually end with a relaxation. Although most people will enjoy this, it may be uncomfortable to some. If you do not enjoy the relaxation, have feelings of discomfort or are sneezing or coughing, simply open your eyes and roll onto your right-hand side. If possible, avoid getting up at this time so that your classmates are not disturbed.

I will explain all the postures to you, but please do say if you don't understand – otherwise she will presume that you do!

At some points you may be asked to work with another person, please let me know if you are not comfortable with this. Likewise, hands-on adjustments may be made by the teacher during some sessions. Again, please inform me if you would prefer not to have hands-on adjustments, or if particular adjustments are not appropriate.

In order to fully enjoy the class please consider the following:

## Respect your body

This is your class and your practice. You should only practise to the level you feel is appropriate: this may differ from week to week. Although the postures are intended to require effort, no pain or discomfort should be felt and you should come out of the posture immediately. Please advise me should this happen in order that appropriate modifications can be made for you in future.

Wear clothes that are comfortable to you, but allow movement. As the room may become hot a towel might be handy. Socks should be removed at the start of each class.

All equipment will be provided, but please do not hesitate to bring your own if you prefer.

A separate medical questionnaire is attached.



## Respect your classmates

The class starts at 6.30pm and will finish at 7.45pm. In order not to disrupt your classmates, please try to arrive a little early. It is not a problem if you arrive late, however, please take your place quietly or wait at the back of the room if the initial breathing exercise has started.

*PLEASE SWITCH OFF ALL MOBILE PHONES*

## Lastly...

This is your class. In order to make sure that you're enjoying it I would be happy to receive any feedback that you may have. A course evaluation will be available at the end of the eight weeks, but I will always be available at the start and end of class to answer any questions you might have.