

Loving Energy Yoga

Guidelines and Precautions for Yoga Classes

- Yoga class begins promptly. Please arrive 5-10 minutes early to center yourself.
- Dress in comfortable clothing. Something that allows you to move and stretch.
- Please turn off all cell phones and pagers before Yoga class begins.
- Be sure to inform your instructor before the class if you are pregnant or having any injuries or health concerns.
- Abandon the competitive mind-set. Yoga is absolutely non-competitive.
- Be kind and loving to yourself by accepting where you are. "Do what you can, with what you have, with where you are".
- Come on an empty stomach and drink plenty of water throughout the day. You can eat something light if you need to like a piece of fruit. However refrain from heavy eating 1-2 hours before and after a Yoga class.
- Give Permission to yourself and those around you to make noise. This is how our bodies release energy naturally during our yoga experience.
- Ladies if you have your menses avoid inversions as they interfere with the natural flow of energy in your body. The instructor can show you poses that support you during this time.
- If you don't want any yoga assists during class please make the instructor aware of this.
- Keep your eyes on your own practice. When you can finish your practice without knowing what the person next to you was wearing or even who else was in the room, you'll know you were truly within your own practice.
- Communicate after class to your instructor if you have any questions or concerns about your yoga practice.
- Breathe and Smile!

Benefits of Yoga

- Improves flexibility and Posture Alignment.
- Improves body awareness. When paradoxes come together you create "awareness". Coming into the moment.
- Inner Peace and well being
- Healing~ Rejuvenating~ Detoxifying
- Balance and Integration in the Body/ Mind
- Reprogramming and healing yourself at a cellular level
- Hormones are secreting (moving)
- Learn to relax and sleep better
- Cope with life stresses more effectively
- Reduce your risk of injury and sickness
- Weight management
- Remain active and competitive in physical sports
- Body Bliss

"Yoga is a light which, once lit, will never dim. The better you practice, the brighter the flame." B.K.S Iyengar

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