

cYS Scotland/London

WELCOME TO YOGA CLASS

If this is your first yoga class, I hope you enjoy it and leave feeling great – full of energy and vitality while at the same time mentally focused and peaceful.

Practising yoga is a completely different experience for most of us when we first start classes and in the beginning the postures (movements) can feel much more difficult than they look. However, stamina, strength and flexibility will improve more quickly than you might at first think.

If you have come to the ashtanga class, it is very important that you work firstly at connecting with the deep Ujjayi breath; begin to develop an awareness of the locks of Mula Bandha and a partial Uddiyana Bandha, (*drawing upwards internally from the pelvic floor and further upwards in the abdominal area*); and don't feel that you have to learn everything at once. It takes practice and focus to feel you know what you are doing but after a few weeks you will find you are flowing freely from posture to posture.

For all groups the most important thing is to give enough time to see improvements – six to eight weeks is fair to yourself – and then when you begin to feel the difference, that will give you motivation to continue with regular practice – and then you *really* feel good – and all the time!

It's advisable to leave a two to three hour gap between eating and doing yoga. Clothing should be comfortable enough to move easily in.

Yoga mats can be obtained these days in sports shops or online at sites such as – [Ruth White Yoga](#) and [The Yoga Shop](#) It is also a good idea to have a lightweight blanket that can be folded to sit on, provide support in some of the postures and to put over you for relaxation if required.

If you have any health queries, please talk to me before class. Women should avoid inverted postures during the early days of menstruation.

June Mitchell

September 2008

01350 728773 june.yoga@btinternet.com

www.junemitchellyoga.co.uk

Teacher Training **cYS** Scotland/London www.chiyogaschool.com