

## **What to expect in a Yoga session**

The Yoga class will last a full hour and a half and start with a short period of **centering and settling** using breath awareness, followed by joint mobilisation, limbering and muscle warming.

Basic **breathing practices (Pranayama)** expansion of vital energy may be included within posture work and/or practised separately. Particular hand gestures or energy locks may be employed along with visualisations.

**Posture work** starts with simple postures and progresses to more challenging postures. There are plenty of modifications and alternative poses so that all students are able to work within safe and comfortable limits at their own pace, having time to explore their own physical limits and discover things they never knew they could do.

Some postures are moving with the breath, others are static while we focus on the breathing, an idea or a physical focus. Awareness of the body and the breath whilst moving or holding poses is a fundamental part of the practice to help ensure that we work in a way that is going to be safe and beneficial, and to keep the mind engaged in its present activity.

Yoga is not competitive and students are encouraged to use their own discretion to make appropriate choices to enable them to remain comfortable and steady. During a class, I will demonstrate some poses then my time will be instructing and observing students, providing guidance and individual adjustment and assistance as necessary.

**Concentration practices** may be done seated on the floor or a chair, kneeling, lying down or moving, requiring the student to direct their focus in a particular way so as to reduce the impact of the many thoughts, daydreams, memories and feelings that can be so prevalent in our minds during normal waking hours. Students often find out that they are not alone in having a very busy and active mind and that there are techniques available to gain some respite from this busy-ness!

**Relaxation** takes place lying on the floor in any comfortable position and may involve various visualisations, concentration and letting go techniques. After a class students often report a feeling of lightness, balance and ease. They feel energised yet relaxed, tranquil, serene and more able to focus and concentrate.

## **What to Wear**

Please wear clothes that are comfortable and loose or stretchy so that you will have unrestricted movement. Layers are a good idea as the body may get warm during posture work and lose heat during relaxation. Generally, Yoga practice will be undertaken with bare feet but socks can be worn for some of the practice (when it is cold) and removed when standing to avoid the risk of slipping. Jewellery and watches can sometimes get in the way, so you may wish to take these items off beforehand. If you wear glasses you may need to remove them for some practices and during relaxation; please ensure that you put them somewhere sensible, where they will be safe and where you can reach them when needed.

**What you need to bring with you**

Please bring a Yoga mat and a blanket for a relaxation at the end of the class, this would be beneficial to keep out those drafts at the end of the session, I would like you to focus on you and not feeling chilly as your body temperature drops during relaxation. Please come to class with a relatively empty stomach, a light meal about two hours before a class is okay and an open mind.

**Cancellation policy**

Please give at least 48 hours notice if you no longer wish to continue with Yoga so I have the opportunity to fill your place. With regret, late cancellations will be charged.