

Beginners information - Handout to Students

The point of the whole exercise is to become physically fitter, mentally more alert and emotionally calmer. Relish the time you spend on yoga.

The true pleasure of yoga often comes while you are performing, so don't worry if you sometimes take longer to get it right.

Breathing releases inner energy and also stimulates and enriches the blood supply to your body, mind and nervous system. Learn the movement first, breathing just as you need to. Then, add the breathing sequence and you will really feel the difference.

KEEP IN MIND

If you suffer from any medical condition, physical or mental, please be sure to tell your teacher and speak to your GP before you start a class ~ even if you have been practicing yoga for years.

Perform the asanas (postures) with keen attention to detail but not with anxiety. Be gently objective about your progress noting your greater and lesser successes and looking forward to your next opportunity to perform those techniques. Think more about style than effort. More about elegance than achievement.

BONES, JOINTS AND MUSCLES: Problems with spine, neck, knees or other bones and joints– vary the amount of movement, speed and dynamics you make. Often a little movement will keep you in trim. Avoid anything excessive.

Never bring any weight or pressure to bear on any damaged or weak joint, or bones– use support, do not let your head drop back. Do not take any weight on your knees. Don't kneel.... ask your teacher for props/modifications.

Muscles are easily damaged and do not repair very quickly. Never jump into a posture– listen to it.

HEART AND CIRCULATORY PROBLEMS: Precision breathing will improve your circulation and help you to feel refreshed.

BLOOD PRESSURE HIGH OR LOW: You must not do anything that will upset the fine balance of your circulation ~ Avoid having your head below your heart. Stop when you feel dizzy or tired.

DIGESTIVE PROBLEMS: Do not put pressure on your stomach especially hernias and do not position your head below your diaphragm.

Always make sure you inform the teacher of any health problems that may crop up even if you think it is MINOR.

OM SHANTHI!