



# Guidelines for Students

**WELCOME to Tewkesbury Yoga!**

**With Kind Regards Rachel Done**

I have compiled the following guidelines for students beginning new group classes.

I hope you find them useful and that your experience of the classes is both rewarding and enjoyable.

I would suggest the following:

- Wear loose and comfortable clothing. During practice, shoes or trainers are not worn and I would recommend practicing in bare feet.
- It is advisable to bring a mat to do your practice on, a mat can be provided for the first few classes if you don't want to purchase one straight away but I would suggest that once you have decided to continue you purchase your own mat. Non-slip yoga mats are now readily available from many sports shops and by mail order via the internet, links to internet shops that I would recommend can be found on my website <https://tewkesburyyoga.com>
- Do not eat a heavy meal for at least 2 hours before the class. A light snack up to an hour before is usually fine if you feel the need to eat something.
- Most of the class you will be practising slow physical exercises with conscious breathing. There may also be some simple seated breathing exercises and lying rest.
- It is important not to get cold while practising so it is advisable to bring a jumper or sweatshirt for the more static parts of the practice.
- Yoga practice is a matter of individual experience. Please respect the spirit of this by not talking or disturbing the practice sessions unnecessarily. Obviously, this does not apply to questions so please do ask if you are unclear or uncomfortable.
- Remember that for yoga to be safe and effective it must be practised within one's own limits. Please do not strain or force the body or perform any exercises that you feel are not appropriate or painful. Alternatives or modifications to the exercises can usually be suggested to overcome most difficulties so please do not suffer in silence. In yoga there IS gain without pain!
- A group class by its very nature can only be general and cannot meet specific individual needs. I would like to draw your attention to the possibility of individual tuition to meet such needs or to develop a personal practice.

**Every effort is made to ensure that the practice is balanced and safe but if in doubt please ask, please do not do anything that you feel uncomfortable about or find painful. Please let me know if you suffer any injuries, illness if you become pregnant.**