

## **BREATHING TIME YOGA YOGA FOR HEALTH AND HEALING**

### **SUGGESTIONS**

**Make a commitment** to come to class and practice your yoga. Yoga might make you feel good for a day when you take a single class. When you take class regularly it can help you feel better all the time.

**Come 10-15 minutes early.** Coming early gives you time to transition and check in with your teacher about how things are going. Arriving late is tough on you and your classmates.

**Communicate with your teacher** Please mention any issues you are having before class starts, or as they come up in class. Physical problems might be something like a sore hip, or sinus congestion, etc. An energy imbalance might be something like stress, or depression. Telling your teacher what's going on so she can provide guidance and appropriate instruction.

**NO Pain = NO Pain.** Don't do it if it hurts or doesn't work for you. Stop and let your teacher know, and she will try to help you find a way to practice that works for you. The first principle of yoga is ahimsa, which means non-violence. Start your practice of ahimsa with yourself.

**Rest if you need it.** You have the permission from the teacher to do less! Our philosophy is that if we try too hard, we can have setbacks. If we don't do anything, nothing will happen. Moderation is the fertile ground where positive change can take place.

**Cell phones off.** This is your sanctuary from the world: consider it a 90-minute vacation. Promote peace and turn-off your cell phone and other electronic devices

**Wear clothing you can move in.** Layering clothes makes it easier to adjust your body temperature as you heat up and cool down. Bare feet are best.

**Use a hard case for your eye glasses.** If you wear glasses, you may want to take them off during class. Bring a hard case (or use one of ours) for the glasses so that they don't get stepped on!

**Do not eat in the two hours prior to class.** A full stomach can make your yoga practice uncomfortable.

**Keep coming to class!** Yoga does yield benefits. But like taking a vitamin, the benefits are more tangible if you practice yoga regularly and frequently. If for any reason you find yourself facing challenges that you didn't expect talk to your teacher about what's coming up for you.

## FAQS

### **What makes Breathing Time Yoga special?**

We teach you how to get in touch with your own transformative powers to create mental, emotional, physical and spiritual wellness. We pay attention to you as an individual and offer you personalized instruction.

### **What are the benefits of yoga?**

What most people notice about yoga is that it is relaxing and revitalizing. People also find that they become more limber, and stronger. Most importantly they experience a development of mental focus and inner peace.

### **Are all the classes the same?**

No. We offer different types of hatha yoga and movement so that you can find the one that works best for you. We suggest you try some classes on a drop-in basis first to give different classes and teachers a try to find the style that best suits you. or call us and we will try to help you find the best class for you. (401-421-9876)

### **Do I have to be flexible to do it?**

No. We instruct people on how to modify the yoga poses or how to use props to suit their body type. If you are concerned about lack of flexibility or other issues we suggest you start with beginner level classes and let your teacher know before class what your concerns are.

### **Is it competitive?**

No. We encourage everybody to work at his or her own pace. We teach yoga to help you become more sensitive to your personal experience.

### **Is it hot?**

No. We keep the room at a comfortable temperature, and any heat that you experience comes from your own body.

### **Is it fast-paced?**

No. Classes are moderately paced, and we encourage all students to work at their own pace and rest when they feel the need to. Some mixed level classes may be more challenging.