

# BEGINNING YOGA

## WHAT YOU NEED TO KNOW

### WHAT TO WEAR

Loose comfortable layers; come in clothing that won't restrict movement or breathing, bring layers as body temperature will cool during relaxation periods

Bring socks but be prepared to work bare foot

### WHAT TO BRING

Yoga mat, Blanket for relaxation

Please arrive 5-10 mins before start of class and come with an empty stomach, 3-4hrs after a main meal, 2hrs following a light meal

Always remember that yoga is non-competitive and bear the following guidelines in mind whilst practising

**AHIMSA - NON-VIOLENCE**- work abiding this rule, non- violence to your body and mind, be kind to yourself and never do anything that hurts , physically, or even if it just doesn't feel comfortable. Know that at any time during class you can simply come out of a posture and simply rest in a way that feels right for you

**ACCEPTANCE - OF YOURSELF AND OTHERS**- we are all different and we ourselves will vary from class to class, honour that and work with it

**GUIDANCE** - let your breath guide you, tune in to your breath and let it move you, be aware of your own uniqueness

**INFORM** - me of any injuries/conditions that may have changed, either at the start of class or by phone or email

Remember that the goal of yoga is not a physical one but one of union, union of body and mind

And last but not least.....

**ENJOY!** - enjoy your yoga, allow it to be time just for you and relish in it!!!!  
Please do ask me if you have any questions at any time

### Who is your teacher?

Emma Turnbull qualified as a yoga teacher with the British wheel of Yoga in 2008 and has been practising yoga for 9 years. Emma has a back ground in healing, and brings this awareness into her yoga teaching. Emma practises Indian head massage, reflexology, spiritual healing and Reiki. She is also a Reiki master. Emma offers these healings at her home in Mayland and runs Reiki workshops and meditation courses. Emma also runs her own style of yoga, Goddess Yoga. Feel free to ask for more info.