

## general yoga: instructions page

**Wednesdays 10-11.30am**

**North Hall, Spencer Yard, Leamington CV31 3SY**

**Yoga is not competitive.** What is important is how you feel and experience your Yoga rather than how you look when doing a posture. We are all different – what is easy for some people can be harder for others. Accept the way your body is and work within your capacity, challenging yourself in the way which is appropriate for you.

**Hatha Yoga is done slowly and with awareness.** Use this approach as an opportunity to listen to yourself, to learn about your body and mind.

**Never force yourself to do something which doesn't feel right. Don't work through pain –if something causes sudden discomfort then ease out of it.** Pain is different from the feeling of challenging or stretching your body so use your awareness to tell you at which point to start and stop.

**Let me know about any medical conditions which are likely to affect your Yoga.** I ask you to fill in a health questionnaire when you join, even if you only intend to come occasionally. However, a form is only as good as the information it contains so please keep me up to date of any changes. In particular, if you become pregnant then let me know straightaway as it is inadvisable to do yoga postures during the first trimester of pregnancy.

**Do not eat a meal for two hours prior to a class.** It really is most uncomfortable doing Yoga on a full stomach so just have a light snack if you must eat something and allow yourself as much time as you can to digest it. You are welcome to bring a water bottle into the class; this can be particularly helpful if you have a dry throat or cough.

**Please be on time!** Yoga starts promptly at the times indicated. It is most disruptive to the other students if you arrive late as the sessions start with a ten minute relaxation or breathing exercise. If for some reason you need to leave early then just let me know in advance but please do not leave during the final relaxation as this disturbs others.

**Please switch off your mobile phone before the sessions start.**

**Wear something stretchy and comfortable.** Many people choose to wear leggings or jogging trousers, with a T-shirt plus jumper or sweatshirt. Stretchy is good but if your clothes are too loose you may get entangled in them when you bend! The same applies to loose or large items of jewellery which you may wish to remove. Wearing layers will also help you to keep to the right temperature for you, whether you are moving or still. You are also welcome to bring a blanket and pillow for the relaxation at the end.

**Bring a mat plus any blocks or kneeling stools you may need.** Yoga mats are not provided. You can buy one direct from myself for £17. Some people find sitting on foam blocks easier than sitting unsupported. Again, I can sell you one of these for £3.50. Just let me know if would like to borrow a mat for your first session.

**Where are the classes held?** Spencer Yard is situated towards the south of the town at the back of the Loft Theatre by the river. From The Parade: go down over river and turn first right into Spencer Street: Spencer Yard is a right turn just 10 metres down the road just before The Heritage Avenue pub. PLEASE NOTE YOU CANNOT PARK DOWN HERE AS THIS IS FOR PEDESTRIAN ACCESS AND PRIVATE PARKING ONLY. Go down the lane and before the dead end turn left into a parking area, past the Monkey Puzzle nursery and into paved courtyard area. There is also a gated alleyway to Spencer Yard which runs straight from Spencer St on the left of the white ex-church building next to the Heritage Avenue pub, but this is sometimes closed in the evenings.

North Hall where we meet is the first building on your right and closest to the river. Go into right hand grey door (rather than main entrance in corner) which should be open straight up the stairs to the yoga room. Please let me know if you need to use the lift as this is accessed through the main entrance.

**Where can I park?** You cannot park in Spencer Yard. The easiest place to park is in the Bath Place public car park which is just a few minutes walk from the hall. Carry on down Bath St, turning right into Bath Place. Follow the road around in front of the Bath Place Community Centre and turn right into car park. Better still, why not walk, cycle, use public transport or lift share with someone else at the class?