



YOGA SAFETY & GUIDELINES

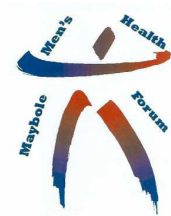
Before meeting “*Yoga is a science of right living and, as such, is intended to be incorporated in daily life. It works on all aspects of the person :*

- *The physical*
- *Vital*
- *Mental*
- *Emotional*
- *Psychic and*
- *Spiritual*

The science of yoga begins to work on the outermost aspect of the personality, the physical body, which for most people is a practical and familiar starting point. When imbalance is experienced at this level, the organs, muscles and the nerves no longer function in harmony, rather they act in opposition to each other. Yoga aims at bringing the different bodily functions into perfect coordination so that they work for the good of the whole body. From the physical body, yoga moves on to the mental and emotional levels...

Yoga cannot provide a cure for life but it does present a proven method for coping with it”

SWAMI SATYANANDA SARASWASTI



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The wonderful thing about yoga is that it is accessible to all, and through your continued practice I am sure you will experience progress on some level in a surprisingly short period of time. Yet yoga teaches that its is *essential* never to overdo, never to strain or tire. NO pain or strain should be experienced.

Proceed very gradually as it is neither necessary nor desirable to establish records. You are a unique person so do try to avoid comparing yourself to others, some may have been practicing yoga for many years.

Medical conditions : If you have any medial conditions (for example; heart condition, high/low blood pressure, hiatus hernia, peptic ulcer, any injury or pain) or for females pregnant, it is important to inform your tutor who can possibly modify the postures to suit you, and advise on practices which require extra care, or those which should be avoided. It is advisable to consult your doctor if you suspect you may be suffering from a medical condition, taking medication or recovering from surgery or an injury which may be exacerbated by yoga.

Your tutor is here to guide you through a safe and fruitful practice, but your own safety and wellbeing begins with *responsibility to yourself*. **LISTEN TO YOUR BODY** and if any discomfort, headaches or dizziness are experienced, gently come out of the posture, lie down in Savasana or Child; if practicing breath work, return to normal breathing.

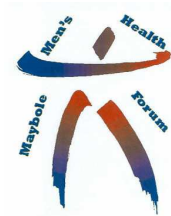
Clothing : Wear clothing that is unrestrictive and comfortable, with no tight waistband. Generally yoga is practiced with bare feet, which is beneficial from an energetic perspective and also safer as socks can often cause slipping.

Eating : Yoga should not be practiced on a full stomach, or when you are desperately hungry. It is highly recommended that you eat your meal at least 2 hours prior to practice, as this allows digestion and results in a more comfortable and efficient practice. If hunger does prevail, a banana or suchlike can be eaten 30-60 mins before.

The main things are, firstly to *enjoy* your yoga practice, and secondly, to *listen* to your body. If you are unsure about anything, or simply curious, do not hesitate to ask. Always we are learning, and your questions/observations can aid your tutors learning path too.

Namaste

Dawn Barr



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The diagrams below illustrate a “Dynamic Sequence” of stretches and breathing exercises practiced in class. At all times please follow the Safety and Guidelines discussed in this document.

INHALE

EXHALE



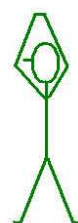
(1)
Interlace
Fingers
(Palms to
Sternum)



(2)
Palms facing
outwards



(3)
Raise arms
above head



(4)
Twist to right



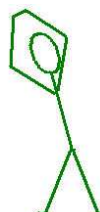
(5)
Return to centre



(6)
Twist to left



(7)
Return to centre



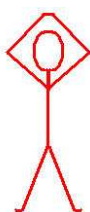
(8)
Side Bend to
Right



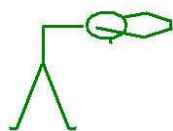
(9)
Return to centre



(10)
Side Bend to
Left



(11)
Return to centre



(12)
Bend forward
with
Straight Back



(13)
Raise body and
Lean Back



(14)
Forward Bend



(15)
Curl Up and
slowly rise to
vertical