



Beams of Light Studio

Guidelines for Yoga Students

- ♥ Wait 2 -3 hours after a large meal, 1 -2 hours after a lighter meal or snack before practicing yoga.
- ♥ Practice in comfortable clothing to allow for maximum movement and flexibility. It is best to do yoga barefoot so you can be stable in your standing postures. Socks can provide warmth during relaxation.
- ♥ Studio mats are available however we recommend, for your own personal hygiene, that you purchase your own mat. Owning your own mat is a commitment to your practice.
- ♥ Drink plenty of water, 1-2 hours before and after practice. Drinking during practice is not recommended although occasional sips of water will not cause discomfort.
- ♥ Please inform your instructor of any injuries or illnesses that might affect your practice. If you are under a doctor's care for injury or illness, please consult first before attending yoga classes. Inform your instructor if you are pregnant. Eliminate inverted postures during menstruation. Do not hold the breath if you have unregulated high blood pressure or if you feel dizzy while holding the breath. Always consult with your instructor if you have any concerns or questions regarding your practice.
- ♥ Yoga is about practicing to your own level. Avoid overstretching or straining. Rest when you need to. Please let go of the competitive mind-set. Yoga is not just a "work out", it is a practice which makes the body stronger, more flexible, and healthier, while opening the heart, mind, and spirit.
- ♥ Be kind and loving to yourself by accepting where you are. Remember, wherever, whenever in our life we begin yoga is perfect. No experience or flexibility is required to begin. Move slowly into postures to avoid injury and to increase your inner awareness. Honor your physical limitations. Move to your edge easing back if you experience pain.
- ♥ To experience the greatest benefits from yoga, consistency is the key. Even 4 or 5 asanas per day is beneficial. Most experts recommend a minimum of 10 minutes of practice every day. However, to practice a range of postures and incorporate breathing or meditation, 15 to 25 minutes is necessary. These brief practice sessions should also be interspersed with longer sessions several times a week.
- ♥ Relaxation is as important to yoga as the asanas. We must give ourselves adequate time after our practice to allow the body to not only cool down and receive the benefits of the practice but also to allow our minds to surrender into the moment.

Om Shanti

