

WELCOME TO A QUIET PLACE YOGA

GUIDELINES

- Please remove your shoes at the door and plan to work in bare feet
- Instead of bringing your cell phone in, leave it in the car. 108 prostrations if it rings in class.
- Keep water bottles off the floor. Keep stuff away from the walls, and if possible, outside of the room
- Come early to class (5-10 minutes) so we can start on time.
- If you need to arrive late or leave early, please tell the instructor ahead of time
- Wear loose, comfortable but not baggy clothing. A t-shirt and shorts or leggings are fine. Sweatpants are not ideal. You want to be able to see your own knees, ankles and feet
- Please refrain from wearing strong perfumes as others may be sensitive to them
- Be sure you have told the instructor about any relevant health issues, medical conditions and recent injuries
- Listen to your own body and breath. Yoga is not a competition sport. Remember, it's more important to feel good than look good (or like everybody else). Be honest about where you are and what is possible for you.
- Class usually ends with the exchange of the greeting "Namaste" (pronounced Nah-mah-stay). It means "I honor the light in you."
- Feel free to ask questions *before* class. After class is usually not the best time for me to answer questions. Please speak up during class if you are experiencing acute pain or don't understand the instructions.

Thank you for beginning the journey of yoga! Namaste

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