

# Guidelines for Beginners

All adult citizens irrespective of age, mental and physical condition and experience in practicing yoga are welcome to join our courses.

## **BEFORE THE CLASS**

- Come 5 - 10 minutes earlier, so you can get ready for the class.
- Do not have a meal at least 3 hours before the class or exercise. A light snack and some fluid is acceptable and will not hinder exercising.
- For yoga exercise wear comfortable clothes made of natural fabrics. No shoes are needed, but socks are required.
- Bring a large towel or a blanket to place on the mat you will exercise on.
- Take off any jewelry that might get in your way during exercise. If you have long hair, tie it up.
- Switch off or silence your cell phone.
- Let your instructor know if you are pregnant, if you have any health problems or if you have recently suffered an injury or undergone a surgery.

## **DURING THE CLASS**

- You should do each exercise according to your current capabilities, without breaching your "pain threshold".
- During their period, women should avoid more exacting exercises and reverse postures.
- Do the exercises without measuring up to the others or competing with them. Be a friend to yourself and others.

## **GENERAL ADVICE**

- Before exercising, it is advisable to empty your bowels and bladder.
- The best time for exercise is early in the morning, when we are rested and our stomach is empty.
- It is best to exercise in a clean and well-aired room or out of doors, in a pleasant and natural environment.
- Avoid exercising after long exposure to sunshine, in cold and windy weather, as well as in places with air pollution.