

## **Welcome Beginner Yogis,**

Your decision to incorporate Yoga into your life is one of the best things one can do for the mind, soul and body. This holistic life tool has the ability to remove stress, break unhealthy addictions, improve chronic bodily pain conditions, shape and tone as well as improve relationships. Together we will discuss and experience the beauty and wisdom of Yoga. Your intake forms were created when you registered for this class. This allows the instructor to view your physical concerns and your desires of what you would like to receive from your classes. If you left anything off, particularly physical concerns, please email us by July 18<sup>th</sup> and let us know. Your feedback throughout the program also helps as even though I have therapeutic training, everyone receives pains differently. Open communication will provide the best experience.

Complete and regular attendance will be greatly encouraged. Your instructor may provide easy 10 minute home assignments for you each week. Most you can do while going about your life as normal such as the breath work (pranayama)!

### **What do I bring?**

Pretty much just yourself! All props are supplied by the Grounded By Yoga Studio. However, so that you can practice at home and for hygiene reasons we recommend that you purchase your own mat which we have for sale at the studio or you may buy a professional one at Dicks (please refrain from places like Target, Walmart etc they are very slippery). We also rent mats at \$2

### **What do I wear?**

Comfortable stretch clothes that you might wear to the gym. Eg: leggings, tracksuit pants, singlet or T-shirt. Keep in mind that you may get warm in class. A top that will not rise over your head during mild inversions is recommended. You may leave jewellery at home. We will detach from our personal items and leave them at home, car or in our waiting area. The studio will be you, me and some props!

### **I have injuries and stiffness in my body, is yoga still appropriate for me? What if I am a “senior”?**

Most people will find that they have some injuries and problem areas in their body. Yoga is learning more about these problems and working with them. Beginners who are pregnant need to obtain pre-authorization from the teacher before signing up as well as anyone with recent surgeries.

The instructor will constantly be reminding students to listen to their body. Yoga is not painful. Yoga.....is intended for those needing healing mentally, energetically, physically and emotionally. It was not created for the “fit”. You have chosen a traditional yoga school and that is what we deliver.

### **Can I eat before class?**

It is recommended to avoid eating 2-3 hours before class and no caffeine within 4 hours of class (it will affect your balance and ability to relax in postures). Drinking water before, during and after class is fine, but try to refrain from drinking water during class if possible. Water can cool the body and slow flexibility growth. But we also do not want to be dehydrated! Yoga’s first principal is to also refrain from animal products(never) for meditation purposes, but is entirely up to you.

### **Why do we do so many poses?**

Because this is what Hatha Yoga is! Its only 100 years old or so (the numerous postures). Hatha yoga is any physical yoga movement. There are other yogas (5000 years old) and if interested in knowing more, please ask the school director, Sandy.

**How do I get there?** **BLOOMFIELD:** The actual address is Lotus Grove Bldg, One Wellness Way , Bloomfield 14469.....I find that is not “map-questable”.....so I use 4 East Main St Bloomfield and that puts me there. Since many of you are coming from different directions, see “Directions” at my website [www.GroundedByYoga.com](http://www.GroundedByYoga.com)

**CANANDAIGIA:** 514 South Main St. We are at the corner of Parrish and Main street in the old Billiards Center. Plenty of off road parking!

**If you get lost, call the studio at 585—861-YOGA**

Upon arrival to the studio, please remove your shoes in the hallway and sign in at the windowsill. There is an intake form that you will just need to sign your name since you did everything else online. Place your mat on the floor and we shall begin your new journey together!

*Namaste,*

*Sandy Hicks RYT 1000+, RPYT, RPYT, E-RYT, RYS*