

# Zen Space



## Guidelines for Practice

- Arrive early, at least 10 minutes early can help you settle in, go to the toilet and set up your space. While you're waiting you can do a few stretches, or just sit or lie quietly, breathe and allow yourself to really 'arrive';
- It is a good idea to come to class with an empty stomach so it's recommended you don't eat for at least 2 hours before a session. If you're hungry a fruit or vegetable juice, milk drink or light snack is OK. Food in the stomach creates discomfort during practice and interferes with energy movement and focus;
- Switch off your mobile phones and electronic devices, let your family and work know that you will be unavailable for the next hour or so. Leave socializing and business outside the studio, so the benefits of the peace of the practice can be enjoyed by yourself and others;
- Have a clean body and clothing, bring a towel or your own mat if you sweat a lot, and arrive clean and free of strong perfumes;
- Empty bowels and bladder for your comfort during deep poses;
- Please let your teacher about any injury, illness or health condition you have before class and for women if you are menstruating or pregnant;
- Remember that yoga is not competitive. Work at your own pace and level with attention and you will be performing the best pose you can. Instead of trying to go as deeply or completely into a pose as others might be able to do, listen to what is available for your body without straining or injuring yourself. If you are injured or tired, skip poses you can't or shouldn't do, or try a modified version;
- Most important- please don't do poses that are too strong, cause pain (especially in the joints or organs) or ones that are excessively uncomfortable for your body. If you tell the teacher your response to a particular pose then they can adjust the asana to better suit you. Please feel free to interrupt the teacher when this occurs;
- Enjoy the quietness of the practice and minimise any conversations which are not relevant to the practice;
- Take time to tidy up after class and neatly put away any props you used;
- After class reflect about what you did so you can retain what you learned. Review the poses you practiced, and note any instructions that particularly made sense. Even if you remember just one thing from each class, you'll soon have a lot of information that can deepen your own personal practice.

*These are not 'rules' so much as guidelines to help you get the most out of a class. It also assists the teacher to tailor the class to students' specific needs.*

*Namaste*

*...Please take this page home for your reference...*