

Bear in mind - a few things to think about while practising Yoga

- Wear comfortable clothes, preferably with a close fit, T-shirt, shorts or leggings, bare feet. Remove jewellery and take a small towel with you.
- It is recommended to let the sweat stay on your skin after practice to have your body absorbing the expelled minerals and hormones. You can therefore take a shower before practicing – please no perfume or after-shave.
- Don't eat a large meal for a period of 2-3 hours before practising. If you are very hungry eat a bit of fruit.
- Don't drink more than a small glass of water an hour before practising but drink plenty of water during the day.
- Don't drink water while practising yoga as it cools you down and counter effects the benefits of the practice.
- During menstruation it is unadvisable to practise during the first couple of days. If you feel like practising, then take it easy. Do not do any of the inverted postures during the menstruation period.
- After yoga it is important to rest for at least 10 minutes, normal breath, and total relaxation. Take warm clothing with you, or ideally a blanket to cover yourself.
- Don't drink or eat right after practice.
- If you feel emotionally upset during or after a yoga session (joy, sadness, irritation) then accept the feeling and bid them welcome. If this feels difficult then speak to your teacher about it.
- For the best effect it is recommended to practise in the morning, on a fasting heart and with a fresh and open mind.
- Remember that it is YOUR yoga and YOUR body. Do the practice to the rhythm of your own breath.
- While practising yoga you will meet joy and satisfaction, but also pain and negative feelings. Listen to what your body tells you and become aware of your pain threshold.
- Pregnancy - Sri K. Pattabhi Jois advises that if you are a regular practitioner of Ashtanga Yoga then you should take a break of 3 months at the beginning of your pregnancy. He also recommends a break as long as you are breast feeding.
- Do not under estimate the effect of Ashtanga Yoga. It is a very effective self-therapy for personal development, physically, mentally and spiritually.