

## **PREPARATIONS for YOGA PRACTICE:**

- Wear comfortable layered clothing that permits freedom of movement, such as sweat pants, leggings, t-shirts, shorts.
- Yoga is practiced in **BARE FEET**.
- Bring your own yoga mat (if you have one) and a blanket for end relaxation. I provide all props so not to worry if you do not have a mat.
- **Please refrain from wearing scented products, such as lotions, perfume etc to your hair or skin on the days you attend class as this is a “scent-free” zone.**
- Hydrate well with water before and after class; taking only small sips of water during class if required.
- Cell phones, beepers and pagers are to be turned off or set to vibrate, please.
- Please remove your shoes before entering the yoga practice area. Store them, along with personal belongings, on the hooks and shelves in the entranceway, or on the shelves at the back of the room. This will help to keep the yoga space free of extra objects.
- **BE ON TIME FOR CLASS** – arrive at least 5 minutes ahead of class time to ready yourself for practice, taking some quiet time to “arrive”. I will open the studio 20 minutes before the start of class. If you are arriving after class has begun, please wait silently in the entrance area until we begin our gentle stretches. If you will be more than a few minutes late, please consider attending a make-up session, as latecomers can be very distracting to others.
- If you need to leave the yoga room, please do so in between postures. When returning, do the same.
- Please let me know, prior to class, if you have any new health conditions or injuries, which may affect your participation in class. This will assist me to offer safe alternatives and modifications to meet your needs.
- After yoga, drink plenty of water to assist in the release of toxins. If you experience stiffness/soreness, a warm bath with 1 or 2 cups of Epsom salts my help.
- Please feel free to ask questions during the class and to discuss your experiences with me afterwards.
- Out of respect for others, please refrain from socializing with your “mat neighbour” during class.

All classes are 75 minutes in length. To ensure we finish on time, class will start at the scheduled time.

The studio is located at the Academy of Music in the “Yoga Garden” room, 7280 Kemano Street (at the top of Kemano Street where it meets Manson Street).

I am looking forward to our mutual experience of the many benefits of yoga.

Namaste,

Audrey Morrison, RYT 200hrs Certified Hatha and Yin Yoga Teacher

**“KINDNESS IS THE LIGHT THAT DISSOLVES ALL WALLS BETWEEN SOULS,  
FAMILIES AND NATIONS.”**