



## **Frequently Asked Questions**

### **NEW STUDENTS**

#### **Q. I've never done yoga before, will I be able to do your classes or workshops?**

A. I am passionate about bringing yoga to people who might not have tried it before, so my classes and workshops are designed for beginners. The classes are gentle and we work slowly focusing on moving the body and coordinating that movement with our breath. As with all new things it will take some time to become familiar with yoga, but in every class or workshop I will demonstrate each asana (posture) and guide you through the practice so you will build knowledge and confidence. New students are very welcome.

#### **Q. Can I try one class and see if I like it?**

A. Absolutely! The classes are friendly and welcoming, and you don't need to sign up to a number of classes. I just ask that you contact me before coming to class so we can complete the student registration form and health questionnaire.

#### **Q. I have done some yoga before, can I still come to your classes or workshops?**

A. You would be very welcome. I design the classes and workshops to meet the needs of all the students. I offer different variations, and also include philosophy and Ayurvedic elements within the classes and workshops which I hope students with more experience of yoga will find interesting.

#### **Q. Will yoga help me lose weight?**

A. My classes are gentle and slow paced, so although you would see some steps counted if you have a fitness tracker it's not a cardio workout. However if you find that stress, menopause or lack of sleep is having an impact on your diet and metabolism, then relaxing your body and calming your mind through a gentle yoga

class could help you to achieve other goals. My own experience has been that if I don't sleep well or I feel stressed then I eat more and have less energy, so I do less, and that leads to me gaining weight. When I feel calmer and sleep well I feel healthier, eat better and have the energy to do other activities.

**Q. I have a health condition or a disability, will I still be able to do yoga?**

A. I ask every student to complete a registration form and health questionnaire before they come to class or a workshop, so that I can understand any particular issues. This ensures I can plan how to take this into account when designing the classes, so that everyone can fully participate in the classes. There are many, many ways in which I can modify the postures to ensure you can practice yoga safely and receive the benefits of yoga - I just need you to share the information with me so that I can bear it in mind. All information shared with me is treated in strictest confidence.

**Q. How will yoga help me?**

A. You may already have an idea why you want to practice yoga, and people start practising yoga for a wide range of reasons. I often hear people say that they know yoga is meant to be "good for you" but they aren't sure how or why this would be. Generally speaking yoga helps develop body strength and flexibility, improves balance, and helps to calm the mind. There are now many scientific studies on the benefits of yoga, and you might find this NHS website helpful:  
<https://www.nhs.uk/live-well/exercise/guide-to-yoga/> I have included some information about my own yoga journey in the About Me section of the website which you might also find helpful.

**Q. Are the classes or workshops suitable for children or babies?**

A. Sorry no, the classes are for adults only as I am not qualified or insured to teach yoga to children or babies.

**Q. What is Ayurveda and how will you incorporate Ayurveda into the yoga classes?**

Ayurveda is often described as the sister science to yoga. It is the ancient Indian system of health, which is still practiced today. Ayurveda takes a holistic approach to



a person's health and well-being, and an Ayurvedic practitioner would look at lifestyle, diet and exercise including yoga as a way of improving health and well-being. I'm not an Ayurvedic practitioner, but I am trained in how to incorporate Ayurvedic principles into my yoga classes. For example considering the effect of the changing seasons, time of day, and how to work with marma points (which are energy points in the body a bit like Chinese acupuncture points - but there will be no needles!).

## **PRACTICALITIES**

### **Q. What should I wear?**

A. You don't need special yoga clothes to do yoga. What is important is that you are able to move freely, you feel comfortable, and that you are neither too warm or too cold. So tracksuit trousers or leggings are ideal, with a comfortable top (bearing in mind we will be raising our arms overhead at times). Additional layers are recommended as you might find you feel warm during the asana (posture) practice and then feel cooler during relaxation. Ideally we practice yoga in bare feet, but if you would feel more comfortable wearing socks then you will need socks with the non-slip grips on the soles to ensure you don't slip. I have found that the ones with the individual toes stay on my feet much better than the ones that are normal sock shaped. If you have long hair it is best to tie it up, but bear in mind that in a non-chair based class we will be lying on our backs for relaxation (savasana). And please avoid jewellery which could be noisy, as that can be distracting for other students.

### **Q. What do I need to bring?**

A. For the non chair based classes you will need a yoga mat, and a yoga block to sit on or a couple of cushions. For the Gentle Years (chair) yoga class you will need a kitchen/dining chair, a thin yoga mat if practising on a hard floor, a yoga block, and some additional props.

You don't need to spend a lot of money on a yoga mat, and supermarkets often have them at good prices in a wonderful range of colours. You might also want to have a bottle of water, although our classes won't be like a workout at the gym. It is better to not drink during yoga practice, but you also don't want to be worrying about having a cough etc.

## YOGA NIDRA

### Q. Do I have to practice physical yoga postures to do Yoga Nidra?

A. No, not at all - Yoga Nidra is a non-physical relaxation practice, and you don't even need to be interested in yoga to benefit from the restorative rest it provides. You don't need to attend any of my other classes, and new students are very welcome.

### Q. How can yoga nidra benefit me?

1. **You feel tired and want more rest:** simply stopping and doing nothing often doesn't feel restful. Although other yogic practices and other activities can be relaxing they still involve 'doing' something. Yoga nidra doesn't require us to do anything other than to lie back and be guided through the practice.

2. **You feel stressed or overwhelmed:** we spend so much of our time 'in our heads', and yoga nidra can help us re-engage with our bodies through the body scan technique. Sensing the body helps to still the mind, which helps us feel calm.

3. **You are having problems sleeping:** maybe you have difficulty getting to sleep or wake in the night with a busy mind, maybe the menopause is disrupting your sleep patterns. There is a lot of research on the negative effect of poor sleep, yet we still



live in a society that values 'doing' over 'resting'. Yoga nidra can help us fall asleep, and also help us to deal with waking in the night in a more relaxed manner.

**4. You find it difficult to relax in silence:** a guided yoga nidra practice might be a more helpful way for you to relax.

**5. You want to increase your creativity:** the borderline state between waking and sleeping that we can achieve in a yoga nidra practice can support creative thinking.