

Choosing a Yoga class - is the yoga safely taught with good alignment cues?



For example: the lady in the front of the photo is 'hanging' off her pelvis and the other two practitioners have their heads out of alignment. Triangle pose must be carefully instructed.

Choose a teacher that promotes safe yoga practice. If you are executing a pose incorrectly and repeating that pose regularly over a long period of time, your body may well suffer in the longer term.



The pose to the left: though this is an extreme example. It is not necessary to get really close to the floor in this or similar poses. If practised like this regularly, there is likely to be over-stretching in the sacroiliac joints and pelvic structures.

In the pose to the right:
If the lady's front knee goes any further forward, there will be a lot of strain on her knee joint.



Knee over ankle. Stay higher up in the pose if you have any knee issues.



Neck vertebrae must be respected and not unduly compressed.