



Yoga Tips

www.nickywestyoga.com

- Yoga works on all levels, the benefits of yoga are many and varied each person will find something different. Benefits can include more strength, tone and fitness, a calmer state of being, more energy & vitality, and ease of certain physical conditions. Sometimes we're not always sure what we need until we experience it, try to be open and honest with your practice and any expectations.
- Please let me know before class if you have any changes in health conditions and if you are pregnant. You may need to adapt the class, talk to me beforehand and I'll give you some recommendations and different options to try.
- Try not to eat at least an hour or 2 before class. Something light if you do.
- Yoga is non-competitive, aim to challenge your comfort zone but stay within your limits; we are all different... try not to force or push yourself into stretches. Remember to move into child's pose and rest if you become dizzy or too tired.
- For women - During your moon time it is best to avoid inverted postures such as shoulder stand. Instead practice 'legs up the wall' (Viparita Karani).
- It is recommended that you aim to practice at least twice a week when possible to feel on-going benefits. Build slowly so your practice is sustainable. There's no point burning out and having to stop altogether. Little & often is a useful framework in the beginning, 10-15 minutes a day is fine at home, or whenever you feel inspired to practise. Start to ask questions of your body and see how you respond to different postures, breathing & meditation practices. Practising yoga is not just physical exercise; you are also working with your body's energy system, emotional states and mind. Allow how you feel at the beginning of your session to help guide you in how to approach your practice.
- I hope your discovery of yoga is uplifting and wish you happiness along the way, Find the joy in your practice as much as you can and keep it varied, suited to your current conditions and state of being, so that your always finding inspiration,

deepening your self-awareness and really enjoying your exploration of yoga and absorbing all the benefits that can come from a regular practice.