

Getting the most from your yoga experience

Dress comfortably - something that allows you to move easily with no restrictions. Also, layers that allow for addition and removal are ideal.

Avoid heavy food and stimulating drinks - for 2 to 3 hours before practicing yoga. Ideally, yoga is practiced on an empty stomach; however if your body prefers, a light snack is fine.

Bring a yoga mat - also, a blanket and a cushion are excellent ideas (possibly for alignment and maybe to assist deep relaxation.)

Arrive 5 to 10 minutes early and plan to complete the whole practice.

Keep the yoga space - free from fragrances and cell phones. Also, new yoga mats often give off a toxic smell! They just need to be aired for a while and perhaps even washed over with a gentle soap and water.

Please mention new health developments / concerns

Pregnancy - there is important information regarding yoga and pregnancy right from the beginning of your 1st trimester.

Heed the body's messages - listen to your body's intelligence if it signals to you: there are many ways to adjust and not lose the powerful benefits. If any yoga posture hurts or aggravates then yoga is not happening.

As your life changes, so too does your practice - Different days or months might bring different abilities: there are many variables that can be taken into account.

Yoga at home?

During a series of classes you receive sufficient guidance to be able to practice at home if you wish.

Take-home session documents are included for beginners with Timeless Yoga classes. There is a remarkable difference in the benefits from yoga with sustained, regular practice... however, always follow the session as indicated because it has been carefully designed to observe many essential elements.

Mini yoga sessions for home

Mini-session yoga documents are included for beginners at Timeless Yoga. These are short, balanced and yet still powerful practices that you could try and fit yoga in somewhere during the week! Just making space for even a small amount will restore you and build on the benefits.

A yoga session specifically for you

If you are able to set aside the time and wish to practice yoga regularly at home, please ask about a yoga practice that is developed specifically for you.

This practice is developed to take into account your goals, your available time for home practice, your current health, your current circumstances and so on.