



## Overview & Orientation

Dear Student of Good Yoga,

In the spirit of yoga, I welcome and gratefully assume the responsibility of encouraging the well being of your body, mind, heart and soul!

**PLEASE TAKE THE TIME TO READ THIS E-MAIL ENTIRELY.**

**YOUR UNDERSTANDING OF THE INFORMATION WILL ULTIMATELY REFLECT THE MUTUAL AND OVERALL HEALTH OF OUR GOOD YOGA COMMUNITY.**

During the upcoming classes you'll experience a variety of ways in which yoga can improve your physical health, calm the mind and emotions, reduce stress, and open you to new possibilities for optimal health. We'll be practicing a series of simple, safe and highly effective skills based in yoga for reducing stress and improving overall well-being. These skills include body awareness, breathing, stretching and movement, meditation, and deep relaxation.

Through the body awareness exercises that are a component of each class, you'll learn where you hold stress, dis-ease and tension in your body. This is important because becoming aware of an issue is the first step in reducing it. These body awareness skills also enhance the connection between your mind and body and, therefore, allow your body's natural healing process to function more effectively.

Breathing is another key element. The oxygen that you inhale when you breathe is a major source of nutrients for your body. Breathing more effectively improves your entire health picture. Through the yogic breathing exercises your lung capacity will increase and you'll also learn how smooth, steady breathing will bring greater health to every part of your body. Your circulation will improve; you'll have more energy; greater mental clarity; waste products will be removed more effectively; and your emotions will be calmer. You will also be able to recognize when you are not breathing, which is a sure indication of stress buildup.

Stress tends to accumulate as muscle tension in certain areas of the body such as the neck and shoulders or lower back. Over time this accumulated tension can become a factor in discomfort and pain. Through stretching and movement you'll learn to release and relax these areas of tension. In this way the muscles can learn to relax, and you can let go of stress in every part of the body. The stretching will also tone and strengthen every major joint and muscle in the body. As stress is released, reserves of energy that have been used to fuel the stress response will be available for a more vibrant, relaxed approach to living. As the body relaxes, the mind will also begin to relax and you will come into a state of deep peace in which the healing processes of the body functions optimally.

Relaxation integrates the experience of the class and allows you to soak in the benefits. This is a time to completely let go. In this class you'll learn some very effective deep relaxation techniques. Please allow yourself to fully rest in this state of deep relaxation during each class.

Each yoga class is carefully designed so that you may derive the maximum benefit from your experience. While you are in class, feel free to ask questions on anything that is not clear to you. I supply yoga mats, blankets, bolster pillows, chairs and yoga ties, but you are welcome to bring your own, if you would like. For hydration and cleansing purposes, you may want to bring water in a non-leaking container to class.

To receive the most benefit from yoga class, practice daily what you are learning in class. If you are especially pressed for time, just get down on the floor, move, stretch, and breathe for at least 10 minutes a day! Consider keeping a yoga journal to mark your progress.

When you enter the classroom, you are entering an environment of peace and relaxation. Allow yourself to enter into the experience of being in the "here and now." After the relaxation at the end of class, you may want to continue to experience the feeling of relaxation and well-being by quietly gathering yourself and departing. That's fine! You are also free to share your experience with me or other students, or to just enjoy the social community of your class. While you are in class, feel free to ask questions on anything that is not clear to you.

The Good Yoga Studio is outfitted with yoga mats, bolsters, blankets, and straps. You are welcome to make use of these props, or bring your own.

Athlete's foot, an itchy condition around the toes ranks as the most common fungal infection in the United States. You can pick up the organism that causes athlete's foot almost anywhere—including shared sticky mats—so consider bringing your own yoga mat to class.

It is best to practice yoga on an empty stomach. Therefore, wait at least two hours after a full meal before practicing. You may, however, take a glass of juice or a piece of fruit up to an hour beforehand. After class, be sure to rehydrate by drinking plenty of water or herbal tea.

Wear loose, light and comfortable clothing. A sweatshirt and a pair of socks are helpful for a more satisfying end of class relaxation. Before starting your practices, remove your wristwatch, belt and any jewelry that may interfere with your movements.

The benefits of yoga available to you are many, regardless of your age, flexibility and degree of accomplishment of the exercises. Remember to be gentle with yourself and refrain from comparing yourself to the teacher or other students! Yoga is a process that invites your full awareness and self-accepting compassion. I am happy to offer assistance in whatever way possible.

Namaste!

Kelly

### **Good Yoga Policies:**

- Due to class popularity, your payment is due in full at least one (1) week before the start date of the new series. Your payment is guarantee of registration.
- Should you cancel your participation after the start date of the series, you will be refunded 50% of your payment.
- Commitment to regular class attendance is highly recommended. At the time of registration for a 7-week class series, **you may deduct \$10 for a single class** that you anticipate missing during the series.
- You are welcome to make up any missed class by attending another available class during the series. You may also donate missed class(es) to a friend or to the Good Yoga Scholarship fund.
- If you cannot make up your missed class during the current series, you may make up one (1) missed class in the next series.
- If you must miss a class, contact Good Yoga no later than 3 hours prior to start time. Failure to do so results in forfeiture of a make-up class.
- Please alert Good Yoga if you are under a doctor's care or if you have any specific health condition by completing and submitting the **Good Yoga Consent for Care Form** prior to your first class.

### **Directions & Parking Requirement**

Good Yoga is located in West Asheville at 19 Olney Rd. Due to residential zoning requirements there is no student parking allowed in the neighborhood. Good Yoga has arranged secured parking spaces at the Salvation Army Boys & Girls club, 750 Haywood Rd. Access the lot from the top of Brevard Rd. You will see the white, red & blue sign. Park in the spaces closest to Brevard Rd. To get to Good Yoga, walk one block south on Brevard Rd. Then take a right onto Olney. #19 is the third home on your right.

**IF YOU ARE RUNNING LATE, FEEL FREE TO PARK IN THE DRIVEWAY. PULL UP TO ALMOST THE TOP OF THE DRIVEWAY, LEAVING ROOM FOR THE GARAGE DOORS TO SWING OPEN AND SPACE FOR A MOTORCYCLE TO THE RIGHT OF YOUR VEHICLE. THIS IS AN OPPORTUNITY TO PRACTICE 'YOGA OFF THE MAT'. BREATHE, RELAX, FEEL, OBSERVE & ALLOW . . . THANK YOU SO MUCH FOR YOUR UNDERSTANDING AND CONSIDERATION FOR GOOD YOGA AND THE NEIGHBORHOOD!**

### Summary of Good Yoga Practice Guidelines

- Inform your teacher as soon as you know you will be missing a class.
- Arrive 10-15 minutes before the start time of your class.
- If you are late to class, enter through the back door after the opening meditation.
- If you must leave early, exit through the back door before *savasana*.
- Inform your teacher of any injuries, allergies or relevant health issues.
- Listen to and follow instructions carefully.
- Ask questions; get clarifications; share impressions.
- Listen to the wisdom of your body and respond respectfully.
- Open your heart and mind to transformation.
- Rest when you need to.
- Stretch longer if you need to.
- Go to the bathroom when you need to.
- Drink plenty of water.
- Release sounds, sighs, groans, yawns, laughter, tears and smiles.
- Breathe smoothly and continuously as you move and stretch.
- Do not hold your breath or strain to attain any position.
- Work gently, respecting your body's abilities and limits.
- Don't perform postures or movements that are painful.
- Menstruating women should not practice strong inverted postures or dynamic pranayama.
- Pregnant women must consult their health care provider.
- Return your yoga mat and folded blanket to its original position.
- Do not wear any kind of scented oils or perfume.

Questions?

Contact Kelly McKibben: [goodyoga@charter.net](mailto:goodyoga@charter.net) or (828) 281-1566. Thank you!

Good Yoga... Feed Your Roots!

Kelly McKibben

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